

DENGUE ON THE MOVE: A BASIC GUIDE FOR TRAVELERS



🔔 What is dengue?

- A viral disease transmitted by *Aedes* mosquitoes.
- Most cases are mild, but it can cause severe forms.
- If you are reinfected with dengue, you have a higher risk of developing severe dengue.
- There is no specific treatment: prevention is key.

👉 How can it be prevented?

- Avoid mosquito bites: use repellents with DEET, picaridin, or IR3535.
- Use bed nets at night, insecticides, and plug-in mosquito repellents.
- Wear long-sleeved clothing, neutral colors, and treat clothes with permethrin.
- Use air conditioning or a fan.
- Avoid areas with standing water.
- *Aedes* mosquitoes bite during the daytime.

💉 Vaccine

Vaccination may be indicated if you have previously had dengue and/or in people at high risk.

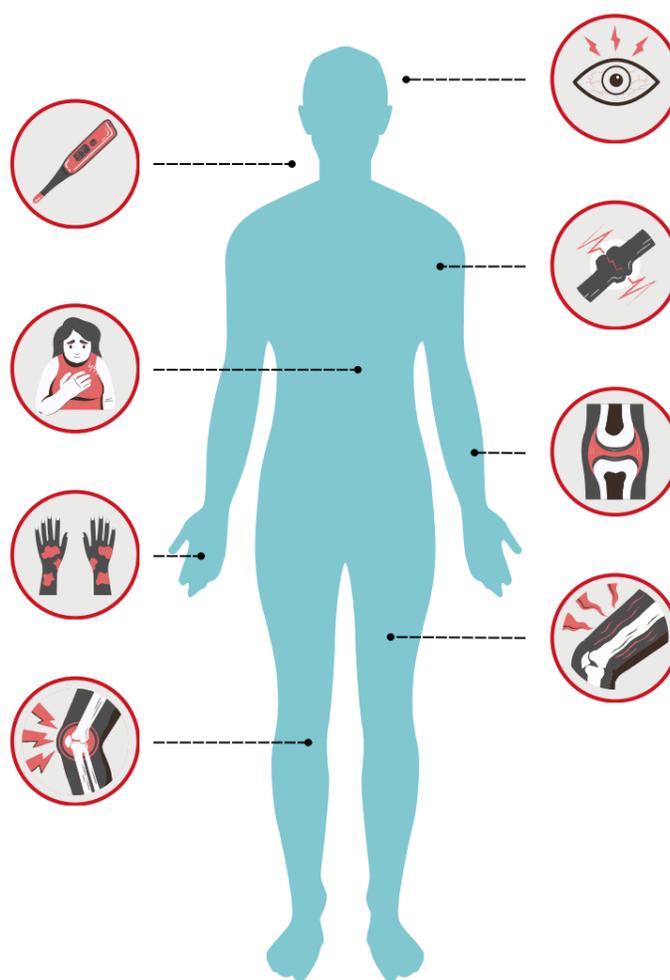
😓 What should you do if you have symptoms?

- Rest and take paracetamol.
- Avoid aspirin and NSAIDs (risk of bleeding).
- Stay well hydrated.
- Seek medical advice if you develop a fever during your trip or up to 14 days after returning.

🤔 How is it detected?

Sudden high fever · Muscle and joint pain
General discomfort · Nausea · Skin rash

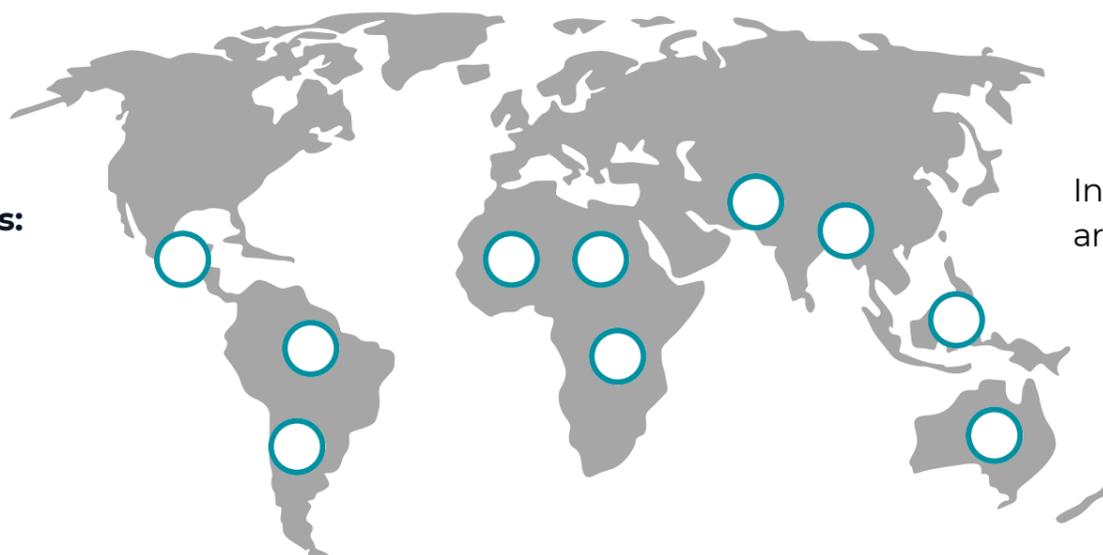
Warning signs: severe abdominal pain, repeated vomiting, bleeding, drowsiness, dizziness.



📍 Where is it found?

Present in more than 130 countries:

- Southeast Asia
- South Asia
- Latin America
- Caribbean
- Africa
- Pacific region



In **Europe**, most cases are imported.

🏢 Where can you find us?

Germans Trias i Pujol University Hospital – Infectious Diseases Service

✉ infoinfeccions.germanstrias@gencat.cat

Northern Metropolitan International Health Unit – CAP La Salut (floor -1)

✉ salutinternacional.mn.ics@gencat.cat