

The *incubation period* (the time between exposure to the chikungunya virus and when symptoms first appear) is between 3 and 7 days. Many widespread chikungunya outbreaks have occurred recently in areas of Asia and Africa.

There is no vaccine for chikungunya. Your risk of getting it is much lower if you:

- Apply DEET to exposed skin
- Apply permethrin to your clothes, except underwear
- Sleep under a bed net

## To Learn More

CDC Travelers' Health:  
[wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel)

Dengue Fever Fact Sheet (National Institute of Allergy and Infectious Diseases (NIAID):  
[www.niaid.nih.gov/topics/DengueFever/Understanding/Pages/overview.aspx](http://www.niaid.nih.gov/topics/DengueFever/Understanding/Pages/overview.aspx)

CDC: Chikungunya Fever:  
[www.cdc.gov/ncidod/dvbid/chikungunya](http://www.cdc.gov/ncidod/dvbid/chikungunya)

**We wish you a safe and healthy trip!**

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Travel Services/Family Medical Center  
4245 Roosevelt Way N.E.  
Seattle, WA 98105  
Phone: 206-598-4055  
Fax: 206-598-5720

## Directions to Travel Services/Family Medical Center at UWMC-Roosevelt

*From Interstate 5:* Exit at N.E. 45th St. (#169). Turn right onto N.E. 45th St. Turn right onto Roosevelt Way N.E.

*Going West on State Route 520:* Exit onto I-5 north. Take the 1st exit (#169). Turn right onto N.E. 45th St. Turn right onto Roosevelt Way N.E.

*From UWMC:* Go west on N.E. Pacific St. Turn right onto 15th Ave. N.E. Turn left onto N.E. 45th St. After 5 blocks, turn left onto Roosevelt Way N.E.

UW Medicine

UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

Travel Services/Family Medical Center

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4245 Roosevelt Way N.E., Seattle, WA 98105  
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## Patient Education

Travel Services/Family Medical Center



# Dengue and Other Illnesses Carried by Mosquitoes

*Tips for travelers*

Traveling in tropical and subtropical areas puts you at risk for diseases that mosquitoes transmit such as dengue (pronounced *DEN-gay*) fever and dengue hemorrhagic fever. This brochure explains how to protect yourself and your family from these diseases.

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## What is dengue fever?

*Dengue fever* and *dengue hemorrhagic fever* are illnesses that are caused by a virus. They are spread by mosquito bites. The type of mosquito that carries the dengue virus is active during the day and is most active at dusk and dawn. These insects are often found indoors. They are common in urban and rural areas in tropical areas of the world.

## What are the symptoms of dengue fever?

Symptoms of dengue fever include:

- Sudden, high fever
- Severe headache, often behind the eyes
- Muscle and joint pains
- Nausea or vomiting

On the 3rd or 4th day of the fever, many people also get a rash on their chest. The rash then spreads to the arms and legs.

Another name for dengue fever is “break-bone fever” because of the extreme bone pain some people have with this disease.

## Treatment

Dengue fever is usually mild, lasts 1 to 2 weeks, and then goes away. Rarely, it can cause severe symptoms and last longer.

There is no treatment for mild dengue fever. To help with recovery:

- Get plenty of bed rest.
- Drink lots of fluids.
- Take acetaminophen (Tylenol) to reduce fever. Do **not** take aspirin or other non-steroidal anti-inflammatory products (NSAIDs) such as ibuprofen (Advil, Motrin).

## Risk to Travelers

Dengue is becoming a greater health concern worldwide. It is considered an “emerging pathogen,” and more people are becoming infected.

Travelers to areas where dengue fever occurs are at risk. This risk is greater if many people in the area already have dengue fever.

Dengue hemorrhagic fever is a more severe form of dengue fever. It is rare. Severe symptoms usually affect only people who live in areas where dengue exists.

Your travel health care adviser will tell you if dengue is a risk for the area you plan to visit.

## Preventing Dengue Fever

Since there is no vaccine against dengue at this time, **the best prevention is to avoid being bitten by mosquitoes**. Follow these tips to prevent being bitten:

- Stay in screened or air-conditioned places as much as possible.
- Use DEET-containing insect repellent (or picaridin 20%) on your skin.

- Apply permethrin to all of your clothes, except underwear. Reapply every 2 weeks.
- Wear long sleeves, long pants, and socks when outdoors, if possible.

## If You Have Dengue Fever

Do not let mosquitoes bite you while you have a fever. **They can infect people around you with dengue after biting you.**

- Use mosquito barriers (nets, screens, clothing) until your fever goes down.
- Rest in a screened room or under a bed net.
- Use insect repellents and spray insecticide indoors if mosquitoes are inside.

## Chikungunya Fever

*Chikungunya fever* is another virus that is spread by mosquitoes. Its symptoms are a lot like dengue fever, but it is usually more severe. Chikungunya symptoms include:

- Fever
- Headache
- Joint pain
- Fatigue
- Upset stomach, including nausea and vomiting