DENGUE: A SILENT KILLER

by:
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Dengue fever is transmitted by the bite of an Aedes mosquito infected with a dengue virus. The mosquito becomes infected when it bites a person with dengue in their blood. It can’t be spread directly from one person to another person.

According to World Health Organization (WHO) symptoms which usually begin four to six days after infection and last for up to 10 days may include:

- Sudden high fever
- Severe headaches
- Pain behind the eyes
- Severe joint and muscle pain
- Fatigue
- Nausea
- Vomiting
- Skin rash; which appears two to five days after the onset of fever
- Mild bleeding (such as nose bleed, bleeding gums or easy bruising)

Today, the government are in full gear in battling this silent killer. A vaccine for dengue fever has been approved and is commercially free in all public schools and institutions. Other simple
methods of prevention are by reducing mosquito habitat and limiting exposure to bites. This may be done by getting rid of or covering standing water and wearing clothes that covers much of the body. Treatment of acute dengue is supportive and includes giving fluid either by mouth or through dextrose for mild or moderate disease. For more severe cases, blood transfusion may be required.

There is no specific medicine to treat dengue infection. These medicines just help the immune system to fight against this virus. If you think you may have dengue fever, you should use pain relievers with acetaminophen and avoid medicines with aspirin, which could worsen bleeding. You should also rest, drink plenty of fluids and see your doctor. If you start to feel worse in the first 24 hours after your fever goes down, you should get to a hospital immediately to be checked for complications.

Your health as well as your love ones’ depends on each hand. Wear your gear on how to prevent this silent killer. Be responsible. Act now!

References:
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