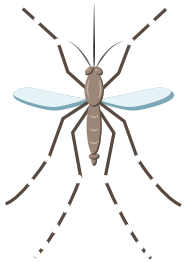
## What is dengue?

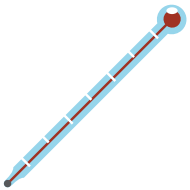
Dengue (pronounced den-gee) is a viral disease transmitted to humans by the bite of an infected Aedes mosquito, especially Aedes aegypti (yellow fever mosquito) and Aedes albopictus (tiger mosquito).



Dengue cannot be spread directly from person to person.

## Symptoms include:

- high fever
- severe headaches



- vomiting
- eye pain
- rash

Consult your health care provider if you develop these symptoms.

## Protecting yourself and your family from dengue fever

You can only prevent dengue fever by eliminating mosquitoes and protecting yourself from getting bitten.

## Eliminating mosquitoes:

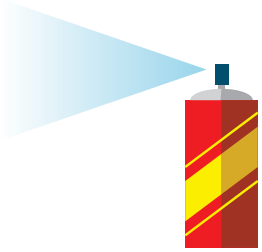
- Remove, repair, or empty anything that collects rainwater, such as: cans, bottles, buckets, used tires, flower pots, bromeliad plants, pineapple lillies, clogged roof gutters, hollow bamboo or tree stumps, uncapped hollow tile walls, uncapped fence pipes, abandoned cars, and boats.

- Check all screen doors and windows, and repair as necessary.
- Empty and clean out watering containers for pets and other animals, at least once a week.

- Empty and clean out flower vases, at least once a week.

- Spray the surface of mosquito breeding areas (such as unused swimming pools or other areas of standing water) wtih 4 to 6 ounces of liquid dish detergent in a gallon of water. Repeat every 2 to 3 days. *Do NOT do this for catchment tanks or drinking water.*

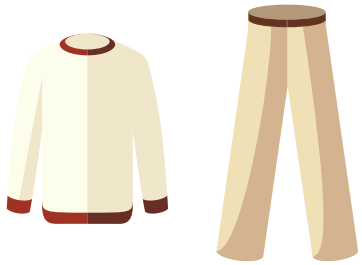
- Make sure your water catchment tank is mosquito-proof.



- Eliminate adult mosquitoes indoors with aerosol insectisides labeled for flying insects.

**Protecting yourself:**

- Use a mosquito repellant containing "DEET" (N,N-diethyl-*meta*-toluamide) on exposed skin. For more information on DEET, ask your pharmacist or log onto the DOH website.



- Dress protectively by wearing long-sleeved shirts, long pants, socks, and shoes, especially during the early morning hours after daybreak and late afternoon before dark, when **day-biting mosquitoes** are most active.

- Keep unscreened windows and doors closed.

**Remember, while mosquito bites may not hurt, they can make you very sick.**

**To report a suspect case of dengue fever:**

- On the Big Island: 808-974-6001 or 808-322-4880
- On other islands: 808-586-4586 (DOH Disease Outbreak Control Division

**To report mosquito concerns:**

- On the Big Island: 808-974-6001 or 808322-4880
- On Oahu: 808-586-8021
- On Maui, Lanai, and Molokai: 808-873-3560
- On Kauai: 808-241-3306

**health.hawaii.gov**

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**David Y. Ige**
Governor of Hawai'i

**Virginia Pressler, M.D.**
Director of Health

HAWAII STATE DEPARTMENT OF HEALTH

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# PROTECT YOURSELF FROM DENGUE FEVER

**ENGLISH**
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