



## Dengue Fever

### Classic dengue fever is characterized by

- Fever:
- Sudden and abrupt onset
- May go up to 39.5-41.4°C
- Lasts for about 1-7 days, then fades away for 1-2 days
- It soon recurs with secondary rashes which is usually not as severe as before

- Headaches: Fever is usually accompanied by headache in front portion of head or behind the eyes
- Muscular (Myalgia) or bone pain:
  - Occurs after onset of fever
  - Affects legs, joints, and lumbar spine
  - Usually the pain gets severe after its onset
  - The pain may last for several weeks even after the fever has subsided
- Pain is usually absent in DHF( Dengue hemorrhagic fever) DSS( Dengue shock syndrome)

### **Symptoms & Signs**

Other symptoms:

- Nausea and vomiting
- Loss of appetite
- Increased sensation to touch

### **Change in taste sensation**

Symptoms maybe milder in children than in adults

The acute phase of illness can last for 1 week followed by a 1 to 2 week period of recovery period that is characterized by weakness, malaise and loss of appetite.

Rash - red and white patchy rashes:

The illness is clinically indistinguishable from Influenza, Measles or Rubella.

### **Dengue Hemorrhagic Fever / Dengue Shock Syndrome**

Initial stages of the disease resembles symptoms of dengue fever. However fever subsides after 2 to 7 days followed by signs and symptoms of Restlessness Signs of circulatory failure Bleeding or hemorrhagic manifestations including:

- Skin bleeds that appear as blotchy red patches called - Petechiae
- Bleeding from Nose or Epistaxis

- Bleeding from gums
- Bleeding from Stomach - appearing as blood in the vomit
- Decrease in the blood platelet count (Thrombocytopenia)

Leakage of plasma from vascular compartment leading to increased blood concentration and manifestations of shock.

These symptoms when not treated may lead to Dengue Shock Syndrome, which when not treated immediately may lead to profound shock and eventually death.

Warning signs of Dengue Shock Syndrome are

Severe abdominal pain,

Vomiting,

Change in temperature,

Mental irritability.