

## Q: WHAT SHOULD I DO IF I THINK I HAVE DENGUE?

**A:** If you have symptoms of dengue fever, see a **doctor immediately**. If the doctor thinks you might have dengue, they should organise a blood test. While you are sick with dengue, you can pass the disease on to dengue mosquitoes - therefore you should use mosquito repellent during the daytime. Reapply personal mosquito repellent every four hours and use surface insect spray around the house.

See a doctor **IMMEDIATELY** if you or anyone in your family have any **SYMPTOMS OF DENGUE**

## Q: WHAT IF THERE IS A MOSQUITO PROBLEM WHERE I LIVE OR WORK?

**A:** Get rid of mosquito breeding sites in and around your home or workplace and protect yourself from mosquito bites.

- If you're concerned about mosquitoes in a neighbour's property, ask them to get rid of any breeding sites.
- If you still have a mosquito problem and there is no current outbreak, ring your local council, as it is a 'mosquito nuisance' rather than a public health issue. You can be fined for breeding mosquitoes on your property.
- If you still have a mosquito problem and there is a current dengue outbreak, ring Queensland Health's Tropical Public Health Unit.

## STOP THE MOSQUITO BREEDING AND YOU CAN STOP THE DISEASE



Empty containers that hold water



Wear personal insect repellent



Use surface spray inside your home



See a doctor if you have any symptoms

## FOR MORE INFORMATION:

CONTACT THE TROPICAL PUBLIC HEALTH UNIT

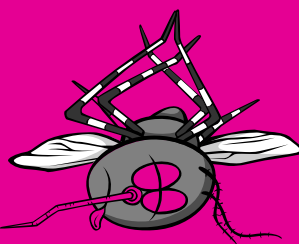
Cairns (07) 40503600  
Townsville (07) 47504000  
Mt Isa & Gulf (07) 47444846  
Mackay (07) 49686611

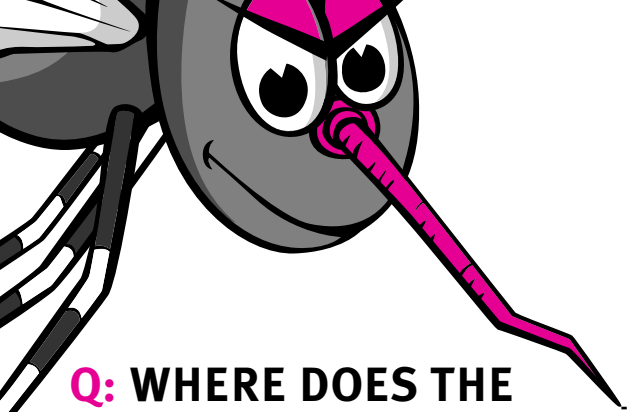
OR VISIT THE WEBSITE  
[www.health.qld.gov.au/dengue](http://www.health.qld.gov.au/dengue)

# DENGUE FEVER IN NORTH QUEENSLAND



ARE dengue mosquitoes breeding in YOUR yard?





## Q: WHERE DOES THE DENGUE MOSQUITO LIVE AND BREED?

**A:** Dengue mosquitoes breed in containers that hold water including:

- pot plant bases
- tyres (discarded, with no rims)
- blocked roof guttering
- bromeliads
- tarpaulins and black plastic
- buckets, tin cans and plastic containers
- fallen palm fronds
- bird baths and water features
- vases and containers used for growing plant cuttings
- boats
- rainwater tanks (with damaged or missing screens)
- coconut shells
- drain sumps.

The dengue mosquito does NOT LIVE OR BREED in saltwater, swamps or rivers.

## GET RID OF BREEDING SITES

Check your premises ONCE A WEEK on your way to the garbage bin:

- empty containers that can hold water
- store containers in a dry place
- throw out containers that are not needed.

## Q: WHAT IS DENGUE?

**A:** Dengue fever is caused by a virus passed on by some species of mosquitoes. The virus itself is not usually present in North Queensland, but needs to be introduced by someone infected with dengue overseas.

## Q: HOW CAN I REDUCE THE RISK OF DENGUE?

**A:** Avoid being bitten by mosquitoes.

Queensland Health recommends you use tropical strength insect repellent containing DEET (diethyltoluamide or diethylmethylbenzamide) or repellents containing picaridin. Always read the label and follow the manufacturer's guidelines regarding re-application and use (particularly for infants). Use surface insect sprays inside your home, in dark places such as under tables, chairs and wardrobes.

## Q: HOW MANY TYPES OF DENGUE ARE THERE?

**A:** There are four types of dengue virus that cause dengue fever. These types are Dengue 1,2,3 and 4 and they all cause the same symptoms. The two main illnesses caused by the dengue virus are:

- dengue fever
- dengue haemorrhagic fever.

## Q: CAN I GET DENGUE MORE THAN ONCE?

**A:** Yes. As there are four types of dengue virus, a person can contract dengue up to four times. The risk of dengue haemorrhagic fever (which can be fatal) increases if you contract more than one type of dengue. That is why it is important to know if you have dengue and which type. The type of dengue can ONLY be confirmed by a blood test.

## Q: WHAT IS DENGUE HAEMORRHAGIC FEVER?

**A:** Dengue haemorrhagic fever is a severe form of the disease. It is more likely to occur if you have had dengue more than once. Symptoms for dengue haemorrhagic fever are the same as for dengue fever, but 2-5 days after the onset of fever, patients show rapid deterioration in their condition. Heart problems, shock and sometimes death may follow.

## Q: WHAT ARE THE SYMPTOMS OF DENGUE?

**A:** The symptoms include an acute illness with fever, headaches, joint pain, muscle pain and rash.

