

# DENGUE: MESSAGES

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## About the Message Library

People affected by disaster must have access to timely, appropriate and accurate information to help them keep themselves and their families safe and well. They should know their rights, entitlements and be able to give feedback. Responders have a duty to put in place appropriate, systematic and coordinated mechanisms to ensure this.

Our Message Library offers clear, concise and simple messages on a range of topics as templates for you to adapt and use in the context you are working in. These are intended to help you make a quick start on communicating with communities while you further develop mechanisms for on-going dialogue with diverse groups within each community.

For help contextualising and using the messages we recommend you do our e-learning course and read the following technical guidance.

### E-learning

<https://kayaconnect.org/course/info.php?id=768>

### Guidance

<https://www.cdacnetwork.org/tools-guidance/cdac-message-library-user-guidance>

## What is dengue?

Dengue fever is a flu-like illness spread by mosquitoes. Severe cases of dengue can cause death.

## Symptoms of dengue and severe dengue

The symptoms of dengue are a high fever and any two of the following: severe headache, pain behind the eyes, muscle and joint pains, nausea, vomiting, swollen glands or a rash. The symptoms of severe dengue show between 3-7 days later with severe abdominal pain, frequent vomiting, rapid breathing, bleeding gums, fatigue, restlessness and blood in vomit. If you have any of these symptoms, and think you may have dengue or severe dengue, visit your nearest medical facility as soon as possible.

## How to prevent dengue

The best way to prevent dengue is to stop mosquitoes breeding near your home. To do this, bury or burn your rubbish, keep water containers covered and clear any stagnant water. You can protect yourself against mosquito bites by sleeping under a mosquito net, using insect repellents, and wearing clothes that cover your arms and legs.

## Treatment of dengue

There is no treatment for dengue or severe dengue. If you think you or someone in your family has dengue, it is important to visit your nearest medical facility as soon as possible so they can give you the right care. In the meantime, drink as many fluids as possible. In severe dengue cases, which can be fatal, if you detect the disease early and get the appropriate care, you are more likely to survive.

## REFERENCES

For more information on this topic, we recommend you read the following references.

World Health Organization (2022). **Dengue and severe dengue: key facts**  
<https://www.who.int/news-room/fact-sheets/detail/dengue-and-severe-dengue>

**HELP US KEEP THE LIBRARY UP TO DATE**

**If you would like to contribute to topic reviews, have found a message that needs greater clarity, or wish to create a new topic, please contact us at [info@cdacnetwork.org](mailto:info@cdacnetwork.org).**