



# Preventing Dengue



For Everyone

MAY 15, 2025 •

## KEY POINTS

- All four dengue viruses are spread to people primarily through the bite of an infected *Aedes* species mosquito.
- A dengue vaccine is recommended for U.S. territories and freely associated states.
- Protect yourself from dengue by avoiding mosquito bites.



## Prevent mosquito bites

Dengue is spread to people through the bite of an infected mosquito. Mosquitoes bite during the day and night. There is no widely available dengue vaccine to prevent dengue infection. The best way to prevent dengue is to protect yourself from mosquito bites.

- Use insect repellent.
- Wear loose-fitting, long-sleeved shirts and pants.
- Take steps to control mosquitoes in and around your home.

### Prevent mosquito bites



Learn how to protect yourself and your loved ones of mosquito bites.

[Preventing Mosquito Bites](#)

## Plan for Travel

### Before your Trip

- Review [country-specific travel recommendations](#), health notices, and warnings.
- Visit a [travel clinic](#) or your healthcare provider for pre-travel medical care.
- Pack an Environmental Protection Agency (EPA)-registered insect repellent.
- Pack acetaminophen (also known as paracetamol outside of the United States) in your first aid kit. These medications can be used to manage fever and body pain in case you get dengue.

### During your stay

- Follow steps to prevent mosquito bites to protect yourself and your family.
- Stay in places with air conditioning and with window/door screens.
- Use a bed net if air conditioned or screened rooms are not available or if sleeping outdoors.

- See a healthcare provider if you develop a fever or have symptoms of dengue.

## After your trip

- Even if you do not feel sick, travelers returning from an [area with risk of dengue](#) should take steps to prevent mosquito bites for 3 weeks so they do not spread dengue to mosquitoes that could spread the virus to other people.
- Symptoms of dengue usually begin within 2 weeks after being bitten by an infected mosquito.
- See a healthcare provider if you develop a [fever or have symptoms](#) of dengue. Tell him or her about your travel.

## Dengue Vaccine

- A [dengue vaccine](#) is approved for use in children aged 9–16 years with laboratory-confirmed previous dengue virus infection and living in areas where dengue is endemic (occurs frequently or continuously).
  - Endemic areas include some U.S. territories and freely associated states.
- The vaccine is not approved for use in U.S. travelers who are visiting but not living in an area where dengue is common.

### SOURCES

#### CONTENT SOURCE:

National Center for Emerging and Zoonotic Infectious Diseases (NCEZID)