



Home → Health Topics → Dengue

URL of this page: <https://medlineplus.gov/dengue.html>

Dengue

Also called: Break-bone fever, Dengue fever

What is dengue?

Dengue is a viral infection [<https://medlineplus.gov/viralinfections.html>] . It can be caused by four related viruses. You can get it if an infected mosquito [<https://medlineplus.gov/mosquitobites.html>] bites you. It is common in warm, wet areas of the world. Although rare, it can be found in some parts of the United States. Outbreaks are more common during rainy seasons.

How does dengue spread?

Dengue spreads to people through the bite of an infected mosquito. It does not spread directly from person to person. However, the infection can be passed to the baby during pregnancy. In rare cases, it can spread through a blood transfusion [<https://medlineplus.gov/bloodtransfusionanddonation.html>] , organ transplant [<https://medlineplus.gov/organtransplantation.html>] , or needle stick injury (an accidental injury from a used needle)..

What are the symptoms of dengue and severe dengue?

About one in four people infected with dengue will get sick. For those who do get sick, the infection can be mild or severe. The symptoms of dengue include:

- A high fever [<https://medlineplus.gov/fever.html>]
- Nausea and vomiting [<https://medlineplus.gov/nauseaandvomiting.html>]
- Rash [<https://medlineplus.gov/rashes.html>]
- Aches and pains (eye pain, usually behind the eyes, and pain in the muscles, joints, or bones)

The symptoms usually last two to seven days.

Severe dengue is a serious form of the illness. About 1 in 20 people who get sick with dengue will develop severe dengue. It can cause shock [<https://medlineplus.gov/shock.html>] , internal bleeding, and even death. People are more likely to develop severe dengue if they have had dengue before, are pregnant, or are infants.

Watch for signs and symptoms of severe dengue. Warning signs usually begin about 24 - 48 hours after your fever has gone away. If you or your family member have these signs, get immediate medical care:

- Severe abdominal (belly) pain [<https://medlineplus.gov/abdominalpain.html>] and tenderness
- Vomiting at least 3 times in 24 hours
- Bleeding from the nose or gums
- Vomiting blood, or blood in the stool (poop)
- Feeling tired, restless, or irritable

How is dengue diagnosed?

There is a blood test [<https://medlineplus.gov/lab-tests/dengue-fever-test/>] which can show if you have been infected with dengue.

What are the treatments for dengue?

There is no specific medicine to treat dengue. Most people will get better after about a week. But if you think you might have dengue:

- See a health care provider and mention any recent travel.
- Rest as much as possible.
- Take acetaminophen to control fever and relieve pain. But do **not** take aspirin or ibuprofen.
- Drink plenty of fluids to prevent dehydration [<https://medlineplus.gov/dehydration.html>].

Severe dengue often requires care at a hospital.

Can dengue be prevented?

In the United States, a dengue vaccine is approved for children who are ages 9 - 16. They must also have previously had dengue and live in areas where dengue is common.

You can also help prevent dengue by avoiding mosquito bites:

- Wear insect repellent with DEET or another U.S. Environmental Protection Agency (EPA)-registered insect repellent. Make sure to follow the instructions for using the repellent.
- Wear clothes that cover your arms, legs and feet.
- Close unscreened doors and windows.

Centers for Disease Control and Prevention

Start Here

- Dengue [<https://www.cdc.gov/dengue/>] (Centers for Disease Control and Prevention)
Also in Spanish [<https://www.cdc.gov/dengue/es/index.html>]
- Dengue and Severe Dengue [<https://www.who.int/en/news-room/fact-sheets/detail/dengue-and-severe-dengue>] (World Health Organization)
Also in Spanish [<https://www.who.int/es/news-room/fact-sheets/detail/dengue-and-severe-dengue>]
- Dengue Fever [<https://www.niaid.nih.gov/diseases-conditions/dengue-fever>]
 (National Institute of Allergy and Infectious Diseases)

Symptoms

- Symptoms of Dengue and Testing [<https://www.cdc.gov/dengue/signs-symptoms/>] (Centers for Disease Control and Prevention)
Also in Spanish [<https://www.cdc.gov/dengue/es/signs-symptoms/sintomas-del-dengue-y-pruebas-de-deteccion.html>]

Diagnosis and Tests

- Dengue Fever Test [<https://medlineplus.gov/lab-tests/dengue-fever-test/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-la-fiebre-del-dengue/>]

Prevention and Risk Factors

- About a Dengue Vaccine [<https://www.cdc.gov/dengue/vaccine/>] (Centers for Disease Control and Prevention)
- Dengue: Prevention [<https://www.cdc.gov/dengue/prevention/>] (Centers for Disease Control and Prevention)
Also in Spanish [<https://www.cdc.gov/dengue/es/prevention/como-prevenir-el-dengue.html>]
- Find the Repellent that is Right for You [<https://www.epa.gov/insect-repellents/find-repellent-right-you>]
(Environmental Protection Agency)
Also in Spanish [<https://espanol.epa.gov/control-de-plagas/encuentre-el-repelente-de-insectos-adecuado>]
- Protect against Mosquito Bites when Traveling
[https://www.cdc.gov/mosquitoes/pdfs/MosquitoBitePreventionTravelers_508.pdf]

Related Issues

- Areas with Risk of Dengue [<https://www.cdc.gov/dengue/areas-with-risk/>] (Centers for Disease Control and Prevention)
Also in Spanish [<https://www.cdc.gov/dengue/es/areas-with-risk/areas-con-riesgo-de-dengue.html>]

Statistics and Research

- Data and Statistics on Dengue in the United States [<https://www.cdc.gov/dengue/data-research/facts-stats/>]
(Centers for Disease Control and Prevention)

Clinical Trials

- ClinicalTrials.gov: Dengue [<https://clinicaltrials.gov/search?cond=%22Dengue%22&aggFilters=status:not%20rec>]
 (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Safety and tolerability of metformin in overweight and obese patients with... [<https://www.ncbi.nlm.nih.gov/pubmed/40591696>]
- Article: Defining Aedes aegypti density thresholds for preventing human arboviral infections. [<https://www.ncbi.nlm.nih.gov/pubmed/40480602>]
- Article: A phase I, randomized, placebo-controlled, double-blind, ascending-dose and single-center study to... [<https://www.ncbi.nlm.nih.gov/pubmed/40435636>]
- Dengue -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Dengue%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+AND+%28patient+education+handout%5Bpt%5D+OR+guideline%5Bpt%5D+OR+clinical+trial%5Bpt%5D%29++NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- Centers for Disease Control and Prevention [<https://www.cdc.gov/>]
Also in Spanish [<https://www.cdc.gov/spanish/>]
- National Institute of Allergy and Infectious Diseases [<https://www.niaid.nih.gov/>] 
- World Health Organization [<https://www.who.int/en/>]

Children

- Dengue Fever [<https://kidshealth.org/en/parents/dengue.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/dengue.html>]
- Manage Dengue in Infants [<https://www.cdc.gov/dengue/treatment/dengue-infants.html>]
(Centers for Disease Control and Prevention)
Also in Spanish [<https://www.cdc.gov/dengue/es/treatment/tratamiento-del-dengue-en-bebes.html>]

Patient Handouts

- Dengue fever [<https://medlineplus.gov/ency/article/001374.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001374.htm>]



MEDICAL ENCYCLOPEDIA

Dengue fever [<https://medlineplus.gov/ency/article/001374.htm>]

Related Health Topics

Hemorrhagic Fevers [<https://medlineplus.gov/hemorrhagicfevers.html>]

Mosquito Bites [<https://medlineplus.gov/mosquitobites.html>]

Viral Infections [<https://medlineplus.gov/viralinfections.html>]

National Institutes of Health

The primary NIH organization for research on *Dengue* is the National Institute of Allergy and Infectious Diseases [<http://www.niaid.nih.gov/>]

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/dengue.html>] on *Dengue*

MedlinePlus links to health information from the National Institutes of Health and other federal government agencies. MedlinePlus also links to health information from non-government Web sites. See our disclaimer [<https://medlineplus.gov/disclaimers.html>] about external links and our quality guidelines [<https://medlineplus.gov/criteria.html>].

The information on this site should not be used as a substitute for professional medical care or advice. Contact a health care provider if you have questions about your health.

[Learn how to cite this page](#)