

# PROTECT YOURSELF FROM **DENGUE**



## Advice for travellers

The virus of dengue is transmitted to humans by the bite of infected *Aedes* mosquitoes. Dengue can be asymptomatic, presenting a self-limiting febrile illness or, in some cases, causes severe or even fatal forms.

There is no direct contagion between humans, but vertical transmission is possible during pregnancy and rarely also through transfusions and organ donations.

To prevent mosquito bites, individual protection measures must be taken both indoors and outdoors.

## Traveller's Checklist

**1.** Find out about the presence of dengue in the destination country, also by consulting the Ministry of Foreign Affairs and International Cooperation's website [www.viaggiasesicuri.it](http://www.viaggiasesicuri.it)

**2.** Please refer to a travel medicine centre for vaccination advices.

## Prevent mosquito bites

**Especially early in the morning and late afternoon**



Wear long, light-colored clothing



Use insect repellent according to label instructions



If possible, stay in places with mosquito nets and air conditioning

## Upon returning to Italy

If in the 14 days following your return you develop symptoms compatible with dengue such as:

- > fever or high fever with sudden onset
- > headache
- > eye pain
- > joint and muscle pain
- > nausea and vomit
- > enlarged lymph nodes
- > skin rashes
- > minor bleeding

as a precaution, contact your doctor as soon as possible informing him about your recent trip.



**If you want to know more...**



*Ministero della Salute*

General Directorate of Health Prevention

[www.salute.gov.it](http://www.salute.gov.it)