



CONTACTS

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Ganesh Shivaramaiyer, Interim Director

FOR IMMEDIATE RELEASE

DCHHS Reports the First Imported Case of Dengue Virus of 2018

DALLAS (September 21, 2018) – Dallas County Health and Human Services (DCHHS) is reporting the first case of imported Dengue virus in Dallas County for 2018.

The 33-year-old resident of Mesquite was infected during recent travel to Cuba. For medical confidentiality and personal privacy reasons, DCHHS does not provide additional information.

“Dallas County residents traveling to countries where these viruses are endemic should take precaution when traveling,” Ganesh Shivaramaiyer, Interim Director. Dengue is not spread directly from person to person, however mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people.”

Dengue is an illness caused by a virus that is spread through mosquito bites. Symptoms include fever, headache, nausea, vomiting, rash, and pain in the eyes, joints, and muscles. After an infected mosquito bites you, symptoms can take up to 2 weeks to develop but usually end in a week. In severe cases, symptoms may include intense stomach pain, repeated vomiting and bleeding from the nose or gums.

CDC advises there is no vaccine to treat or prevent the Dengue. Travelers can protect themselves by preventing mosquito bites.

“It is very important that travelers understand how they can protect themselves and others,” said Dr. Christopher Perkins, DCHHS medical director/health authority. “Travelers should always practice mosquito prevention while they are in countries where these viruses are found, and if they happen to acquire a mosquito borne virus, they should avoid being bitten again.”

The best way to avoid exposure to Dengue is to avoid mosquito bites. Residents should use the 4Ds to reduce their risk.

- **DEET All Day, Every Day:** Whenever you’re outside, use insect repellents that contain DEET or other EPA approved repellents and follow instructions.
- **Dress:** Wear long, loose, and light-colored clothing outside.
- **Drain:** Drain or treat all standing water in and around your home or workplace.
- **Dusk & Dawn:** Limit outdoor activities during dusk and dawn when mosquitoes are most active.

More information about Dengue can be found on the [DCHHS website](#).

For general questions or for more information about
Dallas County Health and Human Services please call 214-819-2000

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