

# DENGUE-THE BREAK BONE FEVER

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## ABSTRACT

Dengue fever, also known as breakbone fever, is a disease caused by the RNA genome dengue virus. It has been harming people and animals for over 100 years. It is characterized by a variety of problems, from simple fever to more serious conditions such as hemorrhagic fever. This article explains the definition, basic introduction, transmission, symptoms, prevention, and control of dengue fever.

### Introduction:

Dengue fever (DF) is an infectious disease caused by the dengue virus of the Flaviviridae family. Dengue fever is an arthropod-borne disease. This means that they are a group of diseases transmitted by arthropods such as insects. Dengue fever is a major threat worldwide; An estimated 250 million people are estimated to be infected in various affected areas and approximately 400 million are infected each year. In some regions, the mortality rate varies between 5% to 20% (1). Most patients recover within 1-2 weeks and have a mild fever. However, in severe cases, it can endanger the life (3).

### Etiology

Dengue fever is an arthropod-borne disease and the main source of transmission of DF is *Aedes* mosquitoes. There are also some factors related to the spread of dengue fever *i.e.* environmental and climate change, such as temperature changes, because it directly or indirectly affects the spread of dengue fever and its vectors. Dengue virus is transmitted by the bite of mosquitoes while sucking blood or biting, the virus enters the body and causes fever. It cannot spread directly from one person to another (5).

### Symptoms

Symptoms usually appear 1-2 weeks after infection and last 2-7 days. Symptoms may include fever, nausea, headache, sore throat, vomiting, fatigue, eye pain, weakness, irritability, and muscle and joint pain (4).

### Prevention and Control

Some precautions can be used to control and prevent dengue fever such as using mosquito repellent on the body, covering the body, avoiding night leave, washing the area with water and avoiding camping near water, and using pesticides to control vector transmission.

There is currently no specific treatment and it only treats the symptoms. Symptom treatment and disease prevention and control are the only solutions (2).

### Conclusion

Dengue fever is a dangerous disease with no cure and vector prevention and control is the only option to reduce transmission and spread by providing accurate information on understanding the problem and thus improving management.

### References

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