

Dengue During Pregnancy



What is Dengue?

Dengue is spread through the bite of an infected mosquito. A pregnant woman already infected with dengue can pass the virus to her fetus during pregnancy or around the time of birth. Dengue can have harmful effects, including death of the fetus, low birth weight, and premature birth.

Protect Your Pregnancy

- If possible, avoid travel to areas with risk of dengue during pregnancy. Dengue is common in over 100 countries, including countries in the tropics.
- Find out if the country you will be visiting has dengue. Visit www.cdc.gov/travel.
- Talk to your healthcare provider before traveling.

Protect Yourself from Mosquito Bites

If you live in or are traveling to an area with risk of dengue:

- Use an Environmental Protection Agency (EPA)-registered insect repellent.
- Wear long-sleeved shirts and long pants.
- Stay in a hotel or housing with screens on windows and doors. Use air conditioning, if available.
- Take steps to control mosquitoes in and around your home. Learn more: <https://bit.ly/2Stvz4C>

EPA-registered active ingredients

Higher percentages of active ingredient provide longer protection

DEET

Picaridin (known as KBR and icaridin outside the US)

IR3535

Oil of lemon eucalyptus (OLE)

Para-menthane-diol (PMD)

2-undecanone



Find the insect repellent that's right for you by using EPA's search tool*.

*The EPA's search tool is available at: www.epa.gov/insect-repellents/find-insect-repellent-right-you

Sick? Could it be Dengue?

See your healthcare provider, if you live in or have recently traveled to an area with dengue and have a fever and rash, aches and pains (eye pain, typically behind the eyes, muscle, joint, or bone pain). Tell your healthcare provider where you traveled.

If you develop symptoms of dengue, see your healthcare provider immediately.



U.S. Department of
Health and Human Services
Centers for Disease
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For more information, visit: www.cdc.gov/dengue