

Protect Yourself and Your Baby from Dengue



Avoid mosquito bites during pregnancy to prevent dengue in your newborn baby

- Dengue is transmitted by the bite of infected *Aedes aegypti* mosquitoes
- A pregnant woman infected with dengue virus may infect her unborn baby or her newborn baby at birth
 - » Harmful effects of dengue virus infection include death of the unborn baby, low birth weight and premature birth
 - » If a pregnant woman has dengue at the time of delivery, her newborn baby may develop dengue during the first two weeks of life
- To prevent dengue virus infection during pregnancy
 - » Use mosquito repellents with up to 50% DEET, picaridin, IR3535 or Oil of Lemon Eucalyptus during pregnancy. Product with this ingredients include, but are not limited to Off!, Cutter, Skin So Soft Bug Guard Plus and Repel. Always read and follow the directions on the product
 - » Dress in loose cotton clothing that covers your arms and legs

Protect your baby from getting dengue. Babies between 4 to 12 months of age are at higher risk for severe dengue

- Cover cribs, strollers and baby carriers with mosquito netting at all times — day and night — both inside and outside of your home
- For babies over 2 months of age, use repellents with up to 30% DEET, picaridin or IR3535. Always read and follow the directions on the product
- Do not use repellents on babies less than 2 months of age
- Dress your baby in loose cotton clothing that covers arms and legs

How to know if you have dengue

Dengue fever begins with the following symptoms:

- Fever (38 degrees Celsius or 100.4 degrees Fahrenheit or more)
- Severe headache
- Eye pain often with movement and behind the eyes
- Pain in muscles, joints and bones
- Rash
- Bleeding often mild from nose and gums

It's hard to know if your baby has dengue symptoms.

But, watch for the following signs in babies:

- Fever (38 degrees Celsius or 100.4 degrees Fahrenheit or more) **OR**, low temperature (less than 36 degrees Celsius or 96.8 degrees Fahrenheit)
- Being irritable, fussy, overly agitated, sleepy, or refusing to eat
- Rash



Go see your doctor immediately if you or your baby has any of the above signs or symptoms

For more information about repellents, contact the National Pesticide Information Center (NPIC) at **1-800-868-7378** or at <http://npic.orst.edu/>

General information about dengue, contact the Centers for Disease Control and Prevention (CDC) at: **1-800-232-4636** or at <http://www.cdc.gov/dengue/>