Traveling to areas where dengue is present?

Protect yourself from mosquito bites by wearing long clothing and insect repellent.

If you experience a high fever (40°C/104°F) during your trip or within 14 days of your return plus at least two of the following:

- Severe headache
- Pain behind the eyes
- Nausea or vomiting
- Weakness
- Muscle or joint pain
- Rash

Seek medical attention and do not take any medication before talking to your doctor. Don’t forget to mention your recent travel. Early and appropriate medical care can save lives!

PAHO Pan American Health Organization World Health Organization