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!