

If you are traveling to areas where dengue is present

Protect yourself from mosquito bites by:

- wearing long sleeves, pants, clothes that cover your skin, and closed-toed shoes;
- using insect repellent.



If you experience a fever during your trip or after your return plus the following symptoms:



Severe headache



Pain behind the eyes



Nausea or vomiting



Weakness



Muscle or joint pain



Rash

Do not take any medication and seek medical attention.
Early and appropriate medical care can save lives!

PAHO



Pan American
Health
Organization



World Health
Organization
REGIONAL OFFICE FOR THE AMERICAS