

# Dengue fever

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Dear Sir,

Dengue is the most common and important arthropod-borne viral illness in humans. Globally, 2.5–3 billion individuals live in ~112 countries. It is transmitted by mosquitoes of the genus *Aedes*, which are widely distributed in the subtropical and tropical areas of the world. The incidence of dengue has increased dramatically in recent decades, with estimates of 40–50% of the world's population at risk for the disease in the tropical, subtropical, and, most recently, in more temperate areas [1,2].

The first outbreak of dengue fever in Egypt was reported in 1799, followed by another one in 1871. Notable outbreaks were reported in 1928, 1937 [3,4].

Recently, in October 2015, an outbreak of dengue fever has been reported in a village in the Dayrout District of Assiut Governorate (<http://www.who.int/csr/don/12-november-2015-dengue/en/>).

On average, dengue becomes symptomatic after a 4–10-day incubation period. Dengue symptoms usually last for 2–7 days. Individuals with dengue may be asymptomatic. However, many patients with dengue experience a prodrome of chills; rash, including erythematous mottling of the skin; and facial flushing, which may last for 2–3 days. Dengue should be suspected in individuals who present with high fever (104°F/40°C), retro-orbital headache, muscle and joint pain, nausea, lymphadenopathy, vomiting, and rash and who have traveled within 2 weeks of symptom onset to an area where appropriate vectors are present [5]. Severe dengue fever may occur; its initial phase is similar to that of dengue fever and other febrile viral illnesses. Shortly after the fever breaks, signs of

plasma leakage appear along with the development of hemorrhagic symptoms. The subsequent 24 h frequently prove critical. If left untreated, hemorrhagic fever most likely progresses to shock [6].

Nowadays, Egypt's Ministry of Health dismissed reports of dengue fever cases in both the Red Sea City of Qusair and in Upper Egypt's Qena governorate. A total of 101 people are confirmed to suffer from dengue fever in Egypt as was shown by the PCR test results, October 2017 (<http://english.ahram.org.eg/News/278071.aspx>).

In response to the outbreak, the Ministry of Public Health has developed a case definition of the disease. A training workshop was conducted for all healthcare workers to enhance their capacity for the early detection and prompt management of cases.

There is no vaccine available against dengue, and there are no specific medications to treat a dengue infection. This makes prevention the most important step. The best way to reduce mosquitoes is to eliminate the places where the mosquito lays her eggs, like artificial containers that hold water in and around the home and outdoors, clean water containers like pet and animal watering containers, flower planter dishes or cover water storage barrels. Look for standing water indoors such as in vases with fresh flowers and clean at least once a week. To protect yourself, use repellent on your skin while

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indoors or outdoors. When possible, wear long sleeves and pants for additional protection. Also, make sure window and door screens are secure and without holes. If available, use air-conditioning (<https://www.cdc.gov/dengue/prevention/index.html>).

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There are no conflicts of interest.

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