



A case of domestic infection of dengue fever in Japan has been reported after an interval of 70 years

What is dengue fever?

Dengue fever is a disease mediated by mosquitos (in Japan, *Aedes albopictus*). It is prevalent in tropical and subtropical zone, especially in Southeast Asia, south Asia, Central and South America, and Caribbean countries. Approximately 100 million people a year develop dengue fever worldwide. According to the announcement by the Japan National Institute of Infectious Diseases, the number of patients without recent travel history to foreign countries has already exceeded 100. Cases were characterized by the fact that the Yoyogi Park and neighboring areas, Tokyo, was the location where most of the patients were infected with dengue virus. However, cases of serious dengue hemorrhagic fever have not yet been reported.

Symptoms

After an incubation period of 3-7 days, patients develop a sudden onset of fever. Dengue fever is characterized by high fever, muscle pain, arthralgia, and pain in the back of the eyes. A rash spreads from the trunk but is usually relieved within approximately 7 days. Dengue fever may be aggravated, though rarely, and life-threatening.

Route of infection

A person can be infected by the dengue virus when bitten by a mosquito that has bitten a person with the infection. That is, the infection can be transmitted from a person with the infection to a mosquito and then to another person. This virus cannot be directly transmitted from one person to another.

Therapy

No specific drug can eradicate the virus. Treatment is performed mainly by using therapies that reduce symptoms. In Japan, appropriate examinations and treatments are available.

Prevention

For prevention of infection, the effective method is to avoid being bitten by a carrier mosquito. When spending time outdoors, one should avoid clothing and footwear that exposes the skin (e.g., short sleeves and pants, and sandals).

Use anti-insect agents (insect repellents) to prevent mosquitoes from coming near. Destroy potential mosquito breeding places such as a pool of water, where mosquito larvae can thrive.

Visit a medical institution immediately when you experience symptoms such as sudden high fever (body temperature of 38°C or higher). Inform the physician if you just arrived from travelling abroad or if you spent a long time at Yoyogi Park.