

1. What is Dengue Fever?

(1) Route of Infection

Dengue fever is an acute feverish infectious disease caused by the dengue virus, transmitted through mosquitoes carrying this virus. It is not transmitted between humans. Major virus-carrying mosquitoes are yellow—fever mosquitoes, which do not live in Japan, and Asian tiger mosquitoes which are found to the south of Aomori Prefecture in Japan.

If a human is infected with the virus, chances of contracting dengue fever are 30 to 50%. This means many infected people do not develop the disease.

Dengue fever is epidemic in all areas of tropics and subtropics, and many patients are reported in Southwest Asia, South Asia and Latin America.

- Areas of dengue fever and dengue hemorrhagic fever epidemics
(from the website of National Institute of Infectious Diseases)
http://idsc.nih.go.jp/idwr/kansen/k04/k04_50/kansen01.gif 【Japanese only】

(2) Symptoms

After three to seven days of incubation period, patients experience fever, headache, muscle pains, skin rashes, etc. and recover in around one week. In some rare cases, the disease develops into the life-threatening dengue hemorrhagic fever.

There are no specific antiviral drugs for dengue virus, therefore treatment is supportive.

(3) Prevention

There are no vaccines available for dengue fever.

Please avoid mosquito bites, especially when visiting areas of epidemics overseas.

Precautions to Avoid Mosquito Bites

- Wear long-sleeved clothes and long pants to fully cover your skin.
- Use mosquito repellent (but spray).
- Get rid of water pools to reduce mosquito habitats.

2. Overview of Dengue Fever Cases in Japan

A German national was reported to have contracted dengue fever in August 2013 after coming home from the trip to Japan. This was the first suspected case of dengue fever contracted in Japan.

Also in August 2014, some people who have no recent history of overseas travel were confirmed to have contracted the disease. Many dengue fever cases contracted in Japan have been reported since then. Epidemiological surveys confirmed that the patients had been bitten by mosquitoes in Yoyogi Park in Tokyo before developing symptoms. The metropolitan government is conducting further surveys of the people involved, while disinfesting mosquitoes in the park and closing down part of it to secure safety.

About Dengue Fever (from the website of Ministry of Health, Labor and Welfare)

【Japanese】 http://www.mhlw.go.jp/bunya/kenkou/kekaku-kansenshou19/dengue_fever.html

【English】 <http://www.mhlw.go.jp/english/>

3. Consultation About Dengue Fever

Not all mosquitoes carry dengue viruses, and currently the areas of contraction are believed to be limited. So you do not have to worry too much about developing dengue fever even if you were bitten by a mosquito.

If you have concerns, please contact a nearby health center. If you were bitten by a mosquito and developed a fever, please see your doctor.

Contact Information of Health and Welfare Offices in Nagano:

<http://www.pref.nagano.lg.jp/koho/kensei/soshiki/soshiki/genchi.html#hoken>

【Japanese only】

4. Consultation in Foreign Languages

Supporters for Foreign Residents (in English, Chinese, Portuguese, Tagalog and Thai)

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