Tampa Bay Health & Medical Preparedness Coalition

PREPARE • COLLABORATE • RESPOND • RECOVER

A Healthier, Safer, More Resilient Tampa Bay Region

STRONGER TOGETHER FOR HEALTHIER COMMUNITIES

DENGUE FEVER

INFORMATION FOR HEALTHCARE COALITION PARTNERS

AWARENESS | PREPAREDNESS | EARLY DETECTION | A HEALTHIER TOMORROW

A GROWING THREAT IN OUR REGION

Dengue fever is a mosquito-borne viral illness that can cause significant illness and strain healthcare resources. Early recognition, reporting, and coordination across partners are essential.

THE BASICS

- Caused by the dengue virus (DENV 1–4)
- Transmitted primarily by *Aedes aegypti* and *Aedes albopictus* mosquitoes
- Found in tropical and subtropical regions
- Increasing risk in the U.S., including Florida, due to travel, climate, and local mosquito populations

SIGNS AND SYMPTOMS

Symptoms usually begin within 2 weeks after the bite of an infected mosquito.

- Sudden high fever (up to 104°F)
- Severe headache
- Pain behind the eyes
- Muscle and joint pain ("breakbone fever")
- Nausea, vomiting
- Rash (often 2–5 days after fever begins)
- Mild bleeding (nose or gums)

Severe dengue can lead to serious complications, including plasma leakage, shock, organ dysfunction, and death.

CLINICAL CARE CONSIDERATIONS

- Consider dengue in patients with acute febrile illness and recent travel to or residence in endemic areas.
- Order testing based on illness timing: days 0-7, NAAT/RT-PCR + IgM or NS1 antigen + IgM; after day 7, IgM is the primary test.
- Supportive care is the mainstay of treatment (fluids, fever and pain management).
- Avoid NSAIDs and aspirin due to increased bleeding risk
- Monitor closely during defervescence for warning signs: severe abdominal pain, persistent vomiting, mucosal bleeding, fluid accumulation, altered mental status, or clinical deterioration.

REPORTING & PUBLIC HEALTH

- Dengue is a reportable disease in Florida.
- Report suspected and confirmed cases to your local county health department.
- Timely reporting supports mosquito control efforts and outbreak response.
- Share epidemiologic information with coalition partners to enhance regional situational awareness.

PREVENTION MESSAGES

- Eliminate standing water where mosquitoes breed.
- Use EPA-registered insect repellent (DEET, picaridin, IR3535, or oil of lemon eucalyptus)
- Wear loose-fitting, long-sleeved shirts and pants and prevent mosquito bites during both day and night.
- activity (daytime).
- Ensure proper screening on windows and doors.
- Support community mosquito control efforts.

TRAVEL & EXPOSURE RISK

- Dengue is common in the Caribbean, Central and South America, Asia, Africa, and the Pacific Islands.
- Travelers returning with fever should be evaluated for dengue.
- Local transmission in the U.S., including Florida, has been reported.
- Educate patients traveling to endemic areas on prevention measures.

THE ROLE OF COALITION PARTNERS

- Increase awareness across healthcare networks.
- Support surveillance and information sharing.
- Coordinate with public health, EMS, hospitals, urgent care, and long-term care facilities.
- Plan for potential increases in patient volume during peak mosquito season.
- Include dengue in training, exercises, and emergency planning.
- Work together to protect our communities through preparedness, early detection, and coordinated response.

CDC

For the latest guidance, visit: **www.cdc.gov/dengue**

For local information, contact your County Health Department or Tampa Bay HMPC.

Partners | Prepared | Resilient | Together

Clinical guidance verified against CDC Dengue guidance (2025-2026).

TAMPA BAY HEALTH & MEDICAL PREPAREDNESS COALITION

REGIONAL COLLABORATION • STRONGER HEALTHCARE • SAFER COMMUNITIES