



WHO Viet Nam Update on Dengue

29 June 2017

Viet Nam status

- **Dengue is on the rise.** Viet Nam has seen an increasing number of dengue cases in recent weeks.
- Approximately 39,000 dengue cases have been reported across the country, since the beginning of 2017 up to early June, with **70% of them being reported from Southern Viet Nam (including Ho Chi Minh City)**. While most people recovered, 10 people died.
- **In Ha Noi, the increase of the cases is happening much earlier this year as compared to previous years.** By mid-June, the total number of cases reported was 2,044. Almost 3 times higher compared to the same period in 2016. It includes one death of a university student in Dong Da district. Inner city districts, such as Dong Da, Hoang Mai, Hai Ba Trung are reporting higher number of cases.
- Key tourist destination, such as **Da Nang and Nha Trang** are also reporting a large number of dengue cases.
- **Based on risk assessment**, it is likely that number of Dengue cases will continue to rise in the months ahead.
- **The Ministry of Health of Viet Nam has been very proactive** providing a national response. It has taken the following concrete actions:
 - Close monitoring of disease situation at national and local levels;
 - Conduct mosquito breeding site reduction campaigns, community awareness and risk communication activities;
 - Distribution of insecticides and supplies for dengue monitoring and response in higher risk provinces; and strengthening dengue surveillance.
- **WHO, together with partners, provides technical assistance** to the Ministry of Health including information sharing, risk assessment, management of dengue cases, risk communications

General characteristics of Dengue

- **The Dengue virus is primarily transmitted to people through the bite of an infected Aedes mosquito** which also transmits chikungunya and Zika.
- **As many as one half of all dengue infected individuals are asymptomatic**, meaning, they have no clinical signs or symptoms of disease.
- **Symptoms:** Dengue infection usually causes high fever. Some people develop other symptoms, such as headaches, joint, bone or muscle pains, rash, pain behind eyes, or nausea. Symptoms usually last for 2-7 days. Dengue fever usually occurs after an incubation period of 4-10 days after the bite of the infected mosquito.

Behaviour of Aedes Mosquitoes

- **Mosquitoes carrying the Dengue Virus are most active during the day:** The peak

biting periods are early in the morning and in the evening before dusk.

- **The mosquitoes thrive in areas close to human population (urban areas).**
- **The dengue mosquito lays its eggs in water-filled containers inside the house and surrounding areas of dwellings** (this includes non-used bottles, containers, discarded waste, tires etc. ... which hold water).

Treatment of Dengue

- **Patients should seek medical advice, rest and drink plenty of fluids.** Paracetamol can be taken to bring down fever and reduce joint pains. However, aspirin or ibuprofen should not be taken since they can increase the risk of bleeding.
- **Patients who are already infected with the dengue virus can transmit the infection via Aedes mosquitoes after the first symptoms appear (during 4-5 days; maximum 12 days).** As a precautionary approach, patients can adopt measures to reduce transmission by sleeping under a treated net especially during the period of illness with fever.

Preventive efforts should focus on:

1. **Mosquito control. Vector control is the most effective way to stop the transmission of dengue virus. The following simple measures have proven to be very effective:**
 - Empty, clean or cover containers that can store (standing) water, such as buckets, drums, pots to destroy mosquito breeding sites at **least once a week**. Other mosquito breeding sites should also be cleaned or removed including flower pots, used tires and roof gutters.
2. **Personal protection of people living in or traveling to areas where the virus is circulating.**
 - Residents and travelers are recommended to use personal protection from mosquito bites: wearing clothes that cover the body; using insect repellents or sprays containing DEET (diethyltoluamide), IR 3535 or Icaridin; using physical barriers such as mesh screens; sleeping under mosquito nets, especially during the day.

Travel advice

- **There are no general restrictions on travel to countries, areas and/or territories with dengue virus transmission.**
- **Travelers to areas with dengue virus should be provided with up-to-date advice** on potential risks and appropriate measures to reduce the possibility of exposure to mosquito bites (see above).

Additional resources

- WHO has a dedicated website providing more detailed information, Q&As, information for travelers
 - <http://www.who.int/denguecontrol/en/>
- The Ministry of Health of Viet Nam also provides information in Vietnamese through the website of the General Department of Preventive Medicine
 - <http://vncdc.gov.vn/>
- The WHO Viet Nam country office in Viet Nam keeps abreast of the situation. For more specific inquiries please contact.

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