

Oct 3, Kabul - A case of dengue fever has been confirmed through the National Public Health Laboratory and reported through the National Disease Surveillance and Response (NDSR) system in Afghanistan on 3 October. This is the first time the virus is detected in the country. The 21-year-old patient reported with travel history to India during the incubation period and has been admitted to an infectious diseases hospital in Kabul for treatment.

Dengue is a mosquito-borne viral disease that is transmitted between humans by *Aedes* mosquitoes. The disease manifests as a flu-like illness with symptoms including high fever, headache, vomiting, muscle and joint pains, and a characteristic skin rash. The virus circulates in the blood of an infected person for 2-7 days, at approximately the same time that person develops a fever. Patients who are already infected with the dengue virus can transmit the infection via

Aedes

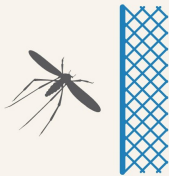
mosquitoes after the first symptoms appear (during 4-5 days; maximum 12). Occasionally it develops into a potentially lethal complication called severe dengue.

Diseases spread by vectors **kill a million people** every year and **more than half of the world's population is at risk**

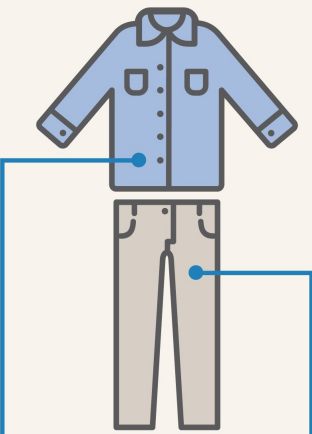
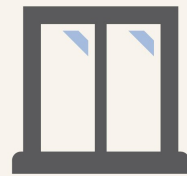
TAKE SIMPLE MEASURES TO PROTECT YOURSELF AND YOUR FAMILY



Install



window screens

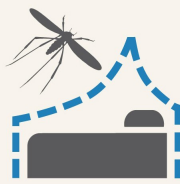


Wear light-coloured, long-sleeved shirts and trousers



Use **insect repellent**

Sleep under an **insecticide-treated bed net**



Get rid of stagnant water from places **where mosquitoes breed**, such as in old containers, flower pots and used tyres



For more information, contact your health-care professional

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