



GOVERNMENT OF GUAM

DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES
DIPATTAMENTON SALUT PUPBLEKO YAN SETBISION SUSIAT



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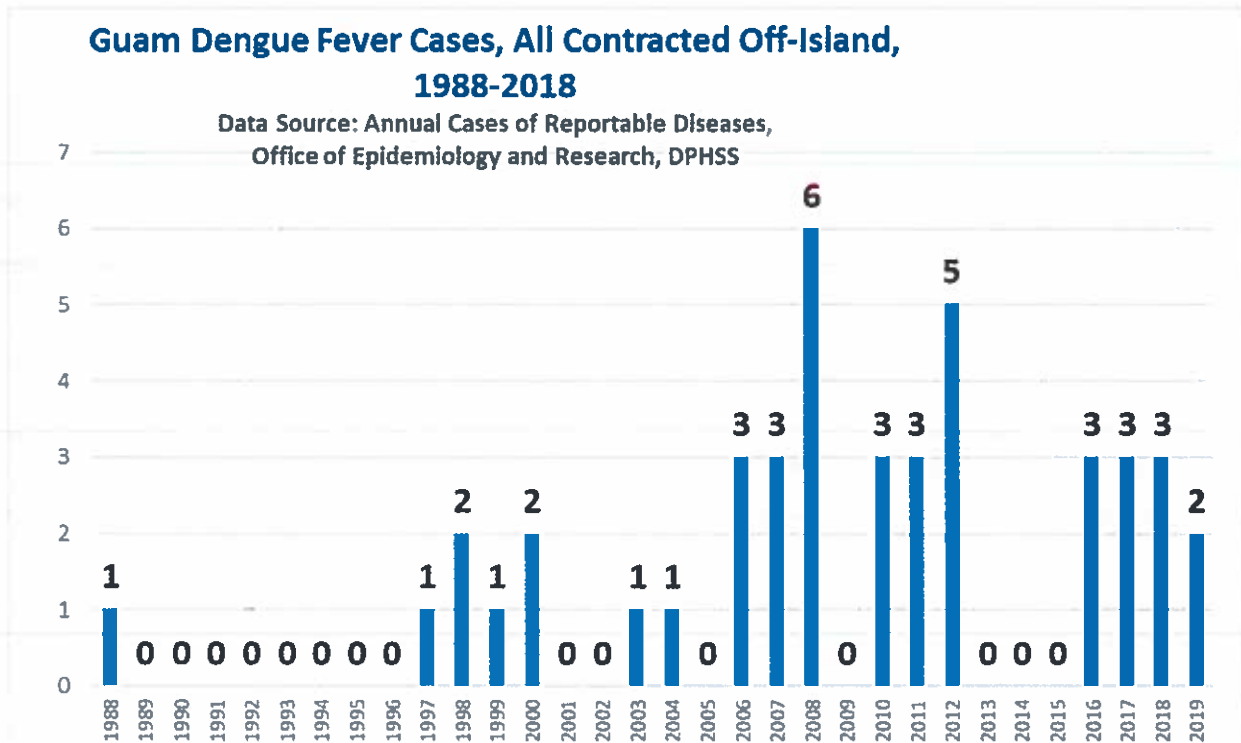
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The Department of Public Health and Social Services (DPHSS) has been notified of one additional confirmed case of imported dengue fever on Guam, from an individual from Yap State in the Federated States of Micronesia (FSM).

Dengue fever is NOT endemic in Guam and dengue virus transmission is NOT occurring on the island. All dengue fever cases occurring on Guam (41 cases in the 31 years from 1988 to 2018) and the two confirmed cases to date in 2019, were contracted off-island. Guam will likely continue to see additional suspected and confirmed dengue fever cases this year from immigrants, migrants and residents who travel back and forth, to and from the Philippines, or to and from island states in Micronesia (e.g. FSM, Palau, and the Republic of the Marshall Islands (RMI)).




The DPHSS notes that there are currently several outbreaks of dengue fever in the Western Pacific region, including Palau with 486 [DENV 3] cases from December 1, 2018 through August 11, 2019, Yap and the RMI. The Republic of the Philippines declared a national dengue epidemic on August 6, 2019, with more than 146,000 cases and 622 deaths in the first months of 2019 (January to July 2019): <https://www.nytimes.com/2019/08/06/world/asia/philippines-dengue.html>

Stay safe when traveling to countries or islands where dengue fever is present. While there is no vaccine for dengue fever, people traveling to the Philippines or Palau should be vigilant about taking precautions and preventing mosquito bites. If you feel seriously ill after traveling to countries or islands with locally occurring dengue fever or other mosquito-borne diseases, see your healthcare provider immediately.

For more information please call the Office of Epidemiology and Research at 735-7283 or 888-9276. All healthcare providers are urged to be on alert for possible cases of dengue fever and to promptly report suspect cases to the Bureau of Communicable Disease Control at the following numbers 735-7154, 735-13601.


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DENGUE FEVER FACT SHEET FOR GUAM UPDATED August 27, 2019

Dengue Fever is a disease caused by any one of four closely related Dengue viruses (DENV 1, DENV 2, DENV 3, or DENV 4). The viruses are transmitted to humans by the bite of an infected mosquito. *Aedes aegypti* mosquito is the primary transmitter, or vector, of Dengue viruses, and fortunately this particular mosquito is not found on Guam.

According to *The History of Health on Guam* (2010), edited by Guam's retired Territorial Epidemiologist, Dr. Robert Haddock, vector borne diseases were not a problem on Guam prior to World War II. After the U.S. re-occupation of Guam in 1944, there was an epidemic of Dengue Fever, transmitted by the *Aedes aegypti* mosquito. As a result, the military launched an intensive eradication program, which temporarily eliminated both the vector and Dengue Fever from the island until 1970, when the vector, *A. aegypti* was re-introduced to Guam. However, by this time, the ecological niche of *A. aegypti* had now been occupied by *Aedes albopictus* (the Asian tiger mosquito), another good transmission vector of Dengue.

Stay safe when traveling to countries or islands where Dengue Fever is present:

- While there is no vaccine for Dengue Fever, people traveling to the Philippines, Palau or Yap State should be vigilant about taking precautions and preventing mosquito bites.
- The principal symptoms of Dengue Fever are high fever, severe headache, severe pain behind the eyes, joint pain, muscle and bone pain, rash, and mild bleeding usually around nose or gums. Generally, younger children and those with their first Dengue infection have a milder illness than older children and adults. Dengue Hemorrhagic Fever (DHF), the severe form of the disease, is characterized by a fever that lasts from two to seven days, which can be followed by persistent vomiting, severe abdominal pain, and difficulty breathing. In addition, patients with DHF tend to bruise easily or other skin hemorrhages and possibly even internal bleeding. There is no vaccine for preventing Dengue Fever.

If you feel sick:

- Talk to your doctor or nurse if you feel seriously ill, especially if you have a fever and have traveled to a country with locally occurring Dengue Fever or other mosquito-borne diseases.
- Consult with your doctor about the use of acetaminophen to treat fever and pain.
- Get lots of rest, and drink plenty of liquids.
- Avoid spreading the disease by preventing more mosquito bites.

MOSQUITO PREVENTION MEASURES

The best preventive measure for residents living in areas infested with mosquitoes is to eliminate the places where the mosquito lays its eggs, which are primarily artificial containers that hold water. Mosquito larvae only need a little bit of standing water to survive. The Department wants to remind residents that breaking the mosquito life cycle starts at the home.

The Department asks residents to do their part to reduce the mosquito population with some simple steps:

- Properly cover or discard and dispose all containers that collect rainwater or water, such as flower pots, garbage cans, recycling containers, wheelbarrows, aluminum cans, boat tarps, old tires and buckets.
- Flush birdbaths and wading pools weekly.
- Flush ornamental bromeliads with water, or treat with BTI, a biological larvicide available at home stores.
- Clean roof gutters, which can become clogged and hold water.
- Change the water in outdoor pet dishes regularly.
- Keep pools and spas chlorinated and filtered.
- Stock ornamental ponds with mosquito-eating fish.
- Cover rain barrels with screening.
- Check for standing water under houses, near plumbing drains, under air conditioner drip areas, around septic tanks, and water pumps.
- Take steps to eliminate standing water, improve drainage, and prevent future puddling.

It's important for residents to remember the four D's of mosquito prevention:

1. **Drain:** Empty out water containers and scrub the sides to remove mosquito eggs at least once every 5 days.
2. **Dress:** Wear long sleeves, long pants, and light-colored, loose-fitting clothing.
3. **Defend:** Properly apply an approved mosquito repellent such as DEET, Picaridin, IR3535, or Oil of Lemon-Eucalyptus.
4. **Dusk and Dawn:** Avoid activity during those times when mosquitoes are most active.

Please remember that the first line, and the best defense, against mosquitoes is you and your action in and around your home or business. Standing water is the culprit – eliminate any source of standing water! Work with your neighbors or adjoining property owners to eliminate standing water sources used by mosquitoes to breed.

For further information, please contact the Mosquito Control and Surveillance Program of the Division of Environmental Health at 735-7221.