

FREE TRANSLATION

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Considerations about Dengue, its symptoms and primary care for vessels at the Ports of Paranaguá and Antonina

Transmitted by the *Aedes aegypti* mosquito, dengue is a viral disease that spreads rapidly around the world. In the last 50 years, the incidence has increased 30 times, expanding the geographical expansion into new countries and, in this decade, to small towns and rural areas. It is estimated that 50 million dengue infections occur annually and that approximately 2.5 billion people to live in countries where dengue is endemic.

Dengue is a disease which period of highest transmission coincides with the summer. This is due to climatic factors that favor the proliferation of its vector, the mosquito *Aedes aegypti*. And to do so, we ask you to disclose this information among the Agencies and Maritime Agents, in order to divulge it to vessels, their captains and crew, the set of information, care and basic measures to be taken, presented in the following condensed form:

DESCRIPTION OF THE DISEASE:

Acute febrile illness, which can have a broad clinical spectrum: While most patients recover after mild and self-limited clinical course, a small proportion progress to severe disease. It is a viral disease transmitted by mosquito that spreads quickly around the world, the most important arboviral disease that is affecting humans, constituting a serious public health problem worldwide. It is the most important arboviral disease that affects humans, constituting a serious public health problem worldwide. It occurs and spreads especially in tropical and subtropical countries where environmental conditions favor the development and proliferation of *Aedes aegypti* and *Aedes albopictus*.

HOW DOES IT SPREAD?

The disease is transmitted by the bite of female mosquito *Aedes aegypti*. There is no transmission by direct contact with a patient or their secretions, or through water or food sources.

WHAT ARE THE SYMPTOMS?

Stay alert for dengue symptoms:

After the bite of the mosquito with the virus, symptoms usually manifest from the 3rd to the 15th day. This period is called the incubation. The average duration of the disease is from five to six days. It is only after the incubation period that the following symptoms appear:

NOTE: One must be attentive to the appearance of disease symptoms. If it occurs, should immediately seek medical advice and avoid self-medication.

Patients with dengue can present symptoms such as high fever (39 ° to 40 ° C) of sudden onset that usually lasts 2-7 days, followed by headache, body aches and joints, exhaustion, weakness, pain behind the eyes, rash and itchy skin. Weight loss, nausea and vomiting are common.

Bleeding (nose, gums), intense and continuous abdominal pain, persistent vomiting, lethargy, sleepiness or irritability, hypotension and dizziness may indicate an alarm signal and / or worsening.

Severe cases require special medical attention because they can be fatal. It is important to seek medical advice to arise the first symptoms.

Classical dengue

- ✓ High fever with sudden onset.
- ✓ Severe headache.
- ✓ pain behind the eyes which worsens with movement thereof.
- ✓ Loss of taste and appetite.
- ✓ spots and a rash similar to measles, especially in the chest and upper limbs.
- ✓ Nausea and vomiting
- ✓ Dizziness.
- ✓ Extreme tiredness.
- ✓ Malaise and body ache.
- ✓ Strong pain in bones and joints.

Hemorrhagic Dengue Fever

The symptoms of hemorrhagic dengue fever are the same as common dengue. The difference occurs when the fever ends and the warning signs begin to appear:

- ✓ severe abdominal pain and continuous.
- ✓ Persistent vomiting.
- ✓ pale skin, cold and clammy.
- ✓ Bleeding from the nose, mouth and gums.
- ✓ red patches on the skin.
- ✓ sleepiness, agitation and mental confusion.
- ✓ Excessive thirst and dry mouth.
- ✓ Rapid pulse and weak.
- ✓ Difficulty breathing.
- ✓ Loss of consciousness.

In hemorrhagic dengue fever, the clinical condition worsens rapidly, showing signs of circulatory failure and shock, which can lead a person to death within 24 hours. According to statistics from the Ministry of Health, about 5% of people with dengue hemorrhagic fever die.

HOW TO PREVENT IT?

The best way to prevent dengue is to combat the accumulation of water spots, potential sites for the creation of the mosquito that transmits the disease. Therefore, it is important not to accumulate water in cans, containers, plastic cups, lids of soft drinks, old tires and plant vases, flower pots, bottles, water tanks, drums, cans, tanks, plastic bags and bins, between others.

Ensure the elimination of mosquitoes with the use of spray insecticides, leaving it for 20 minutes and airing the place.

For your protection, the use of repellent on the skin, especially when traveling or in places with mosquitoes, is a palliative method to protect against dengue. It is recommended, however, the use of industrial products.

TREATMENT (OBJECTIVES)

There is no curative treatment, as objectives we have:

- ✓ Ensure hydration, relieve symptoms such as pain, fever and vomiting, calm down the patient, monitor and prevent possible complications and treat them early.
- ✓ hydration - Encourage the patient to stay hydrated orally, if necessary use the intravenous route.
- ✓ antipyretics and analgesics avoid the use of aspirin and nonsteroidal anti-inflammatory non-steroidal, thus protecting platelet function.
- ✓ Monitor the circulatory insufficiency at: blood pressure, hematocrit, platelet count and level of consciousness.
- ✓ Rest, food and reassurance.

WHAT TO DO IN CASE OF SUSPICION ON BOARD OF VESSEL

In case of suspected dengue inform the health authority of the next port of call and seek help from a doctor. This professional will guide you to make the necessary arrangements.