

Message for U.S. Citizens—Dengue Fever
U.S. Embassy Asuncion
September 14, 2012

This Message for U.S. Citizens is a reminder that dengue fever is endemic in Asuncion and that the most effective protective measure is to avoid mosquito bites.

As the weather gets warmer, the mosquito population will increase. The press is already reporting that climactic conditions are becoming favorable for mosquito breeding and some of you may have already noticed an uptick in the presence of mosquitoes in Asuncion.

Those who have already had dengue or those with impaired immune systems are at higher risk for hemorrhagic dengue if they are re-infected. Protection and prevention for these persons is especially important.

The Embassy highly recommends eliminating the places where mosquitoes lay eggs, primarily artificial containers that hold water. Items that collect rainwater or store water (e.g., plastic containers, bird baths, buckets, etc.) should be covered or properly discarded. Pet water dishes and vases with fresh flowers should be emptied and cleaned at least once a week to eliminate mosquito eggs and larvae and reduce the number of mosquitoes present in these areas. It is important to keep windows and doors closed to reduce the risk of mosquitoes coming indoors. Proper application of mosquito repellents containing 20% to 30% DEET as the active ingredient on exposed skin and clothing decreases the risk of being bitten by mosquitoes (for information on the safe use of insect repellants, see http://www.cdc.gov/ncidod/dvbid/west Nile/qa/insect_repellent.htm). Mosquitoes are most active in the hours around dawn and dusk, so avoiding outdoor activity at these times will also aid in prevention.

For answers to frequently asked questions about dengue, go to the Centers for Disease Control and Prevention dengue page at: <http://www.cdc.gov/Dengue/>

U.S. citizens are encouraged to enroll in the Smart Traveler Enrollment Program (STEP). U.S. citizens without internet access may enroll directly at the nearest U.S. Embassy or U.S. Consulate. By enrolling, U.S. citizens make it easier for the embassy/consulates to contact them in case of emergency.

Up-to-date information on security can also be obtained by calling 1-888-407-4747 toll-free in the United States and Canada or, for callers outside the United States and Canada, on a regular toll line at 1-202-501-4444. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Daylight Time, Monday through Friday (except U.S. federal holidays).

Stay up to date by bookmarking our Bureau of Consular Affairs website, which contains the current Travel Warnings and Travel Alerts as well as the Worldwide Caution. Follow us on

Twitter and the Bureau of Consular Affairs page on Facebook as well.

For information on "What the Department of State Can and Can't Do in a Crisis," please visit the Bureau of Consular Affairs' Emergencies and Crisis link at:

http://travel.state.gov/travel/tips/emergencies/emergencies_1212.html

American citizens in Paraguay are encouraged to register with the U.S. Embassy in Asuncion through the [State Department's travel registration website](#).

U.S. Embassy Asuncion contact information:

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