

**Message for U.S. Citizens – U.S. Embassy, Quito, Ecuador**  
**Dengue Fever-Symptoms, Treatment, and Prevention**  
**January 23, 2012**

**DENGUE FEVER**

The following information concerning the risks of Dengue fever during the rainy season was provided by the Ministry of Tourism. We urge U.S. citizens to follow these guidelines when visiting coastal Ecuador

- The dengue is a viral disease transmitted by a mosquito, *Aedes Aegypti*, that is present in the tropical and subtropical zones of Ecuador. These mosquitoes increase in numbers during the rainy season. They are produced in houses and their surroundings.

According to the [Centers for Disease Control \(CDC\)](#), dengue is caused by any one of four related viruses transmitted by mosquitoes. The primary symptoms of dengue are:

- High fever and at least two of the following:
  - Severe headache
  - Severe eye pain (behind eyes)
  - Joint pain
  - Muscle and/or bone pain
  - Rash
  - Mild bleeding manifestation (e.g., nose or gum bleed, or easy bruising)
  - Low white cell count

The CDC recommends that a person go **immediately** to an emergency room or the closest health care provider if any of the following warning signs appear:

- Severe abdominal pain or persistent vomiting
  - Red spots or patches on the skin
  - Bleeding from nose or gums
  - Vomiting blood
  - Black, tarry stools (feces, excrement)
  - Drowsiness or irritability
  - Pale, cold, or clammy skin
  - Difficulty breathing
- A person with dengue should take plenty of liquids and control the fever by two methods:
    - Bathe in room temperature water
    - Take paracetamol or acetaminophen

- Patients with dengue fever should be cautioned to maintain their intake of oral fluid to avoid dehydration. Fever and body temperature can be managed as needed with [acetaminophen](#). Aspirin or nonsteroidal anti-inflammatory agents should generally be avoided because of the risk of bleeding complications and in children because of the potential risk of Reye's syndrome. If you have any open containers with water in your house or its surroundings, like water tanks, cisterns or water wells, please keep them covered with a lid to avoid possible mosquito implantation and spreading.
- Keep all rain or water tracks clean; if possible do maintenance every week to avoid any standing water.
- Dedicate at least 10 minutes daily to clean your house and its surroundings.
- The fight against dengue is the responsibility of all.

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Americans living or traveling in Ecuador are encouraged to enroll with the nearest U.S. Embassy or Consulate in order to obtain updated information on travel and security within Ecuador through the [Department of State's Smart Traveler Enrollment Program](#).

U.S. citizens should consult the [Country Specific Information](#) for Ecuador and the latest Travel Alerts and Warnings and Worldwide Caution at the [Department's website](#). Updated information on travel and security in Ecuador may also be obtained from the Department of State by calling 1-888-407-4747 within the United States or by calling 1-202-501-4444 outside the United States.

The [U.S. Embassy in Quito](#) is located at Avigiras E12-170 y Eloy Alfaro.

- The telephone number for American Citizen Service (ACS) inquiries is (011 593-2) 398-5000. Within the same city use the last seven digits. Add the city code for intercity telephone calls.
- Public call-in hours are Monday through Thursday 8:00 to 10:00 a.m. and Friday 10:00 to 11:00 a.m.
- For after-hours emergencies, contact the Embassy at (011 593-2) 398-5200.
- Appointments for ACS are available through our [website](#).

The [U.S. Consulate General in Guayaquil](#) is located at the corner of Avenida 9 de Octubre and Garcia Moreno (near the Hotel Oro Verde).

- The telephone number for ACS inquiries is (011-593-4) 232-3570 during business hours, 7:30 a.m. to 4:30 p.m., or 232-1152 for after-hours emergencies.

Anyone can follow the activities of the U.S. Embassy in Ecuador through the [Embassy website](#), [Facebook](#), [Twitter](#) and [YouTube](#).