



7 warning signs of dengue

Dengue fever is a mosquito-borne viral infection prevalent in tropical and subtropical regions worldwide. It is caused by the dengue virus, which is transmitted to humans through the bites of infected *Aedes* mosquitoes, primarily *Aedes aegypti*. Early diagnosis and supportive care are crucial to managing dengue effectively and preventing severe complications such as dengue hemorrhagic fever or dengue shock syndrome.

Dengue fever usually starts suddenly with a high fever. This is followed by severe headaches, muscle and joint pain, a noticeable rash, and sometimes mild bleeding. These symptoms are uncomfortable and can be quite painful. However, the real danger comes from severe dengue, which is also known as Dengue Hemorrhagic Fever or Dengue Shock Syndrome. Severe dengue can cause serious complications and can be life-threatening.

This blog post will serve as a detailed guide to help you understand and combat dengue fever. We will cover the seven key warning signs that may indicate the illness is progressing to severe dengue. These warning signs include severe abdominal pain, persistent vomiting, rapid breathing, bleeding gums, fatigue, restlessness, and [blood in vomit](#). Recognizing these signs early is crucial for getting the right treatment.

Top 7 Warning Signs of Dengue Fever

Recognizing the warning signs early can help you get the right treatment and avoid severe complications. Here are the top seven warning signs of dengue fever:

- High Fever
 - Severe Headache
 - Joint and Muscle Pain
 - Nausea and Vomiting
 - Skin Rash
 - Fatigue and Weakness
 - Mild Bleeding
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- High Fever: Dengue usually starts with a sudden, very high fever, often reaching up to 104°F (40°C). This fever can last from 2 to 7 days and is often the first noticeable

symptom.

- [Severe Headache](#): Intense headaches, especially around and behind the eyes, are common. These headaches can be very painful and persistent.
- Joint and Muscle Pain: Dengue is sometimes called "breakbone fever" because it causes severe pain in the joints and muscles. This pain can make movement difficult and uncomfortable.

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