Dengue fever rising to its zenith

BEWARE!

By Carol Alvarado

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The number of dengue patients this year is expected to be lower in 2016 compared to 2015, according to the KCBS. The disease has been spreading in the country since February, and the situation is expected to worsen in the coming months. Dengue fever is a viral disease transmitted by mosquitoes belonging to the species Aedes aegypti. The disease can cause fever, headache, muscle and joint pain, and skin rashes. In severe cases, it can lead to shock and multi-organ failure.

CSTH

The CSTH is responsible for providing guidelines and recommendations for the management of dengue fever. The agency has advised health workers to intensify vector control measures and to improve case management. The CSTH has also recommended the use of antiviral drugs for severe dengue cases.

Dengue deaths

The CSTH has reported that dengue-related deaths in 2016 were lower compared to previous years. However, the agency has warned that the disease remains a significant public health threat, especially in areas with poor vector control measures.

Preventive measures

The CSTH recommends the following preventive measures to reduce the risk of dengue fever:

- Remove standing water from flower pots, gutters, and other containers that can hold water.
- Use mosquito repellent when outdoors.
- Wear long-sleeved shirts and pants when outdoors.
- Use insecticide-impregnated bed nets.
- Use air-conditioning units to reduce the temperature in the house.

In conclusion, dengue fever remains a significant public health threat in Costa Rica. The CSTH and other health agencies are working to control the disease and reduce its impact. The public is encouraged to take preventive measures to protect against the disease.

Funding in progress inside the hospital wards.

Dedicated to Dengue: Kaloborilla Hospital has entire wards dedicated to dengue patients on the number source.