

— GUARDING YOUR HEALTH —

# DENGUE

## PREVENTION TIPS

You may have seen the Bali travel alert urging tourists to obtain Dengue vaccine, the mosquito-borne diseases article from The Guardian and various information from other sources. If you are getting confused, frustrated and eager to protect you and your family from contracting Dengue, please read below for some facts.

### DENGUE VACCINE IN SINGAPORE



Currently in Singapore, only Dengvaxia is approved and it is **ONLY** for 12-45year olds who **have had a previous documented Dengue infection**. This is because if individuals who have never had Dengue infection are vaccinated, this may increase their risk of having severe Dengue should they become infected. If you are unsure if you have had Dengue, speak to your doctor for a blood test to check.



### DENGUE VACCINE OUTSIDE OF SINGAPORE

You may have heard about another vaccine which is designed for anyone 4-60years old with no prerequisite of prior Dengue infection. It is currently approved in Europe, Indonesia, Thailand, Argentina and Brazil. Information is accurate as of 26th Apr 2024, that this vaccine is **not currently in the pipeline for Singapore** as the manufacturer has withdrawn its application in June 2023 to register this vaccine in Singapore. If you are planning to travel to receive this vaccine, do note that the dosage requires 2 injections given 3 months apart.

### WHAT IS THE BEST PREVENTION METHOD?



Ultimately, you need to speak to your doctor about any vaccines. Although both vaccines cover all 4 strains of the Dengue virus, they do not provide full protection and you must still take personal protection measures. The key is to **avoid getting bit by mosquitos** as there are other mosquito-borne illnesses such as Japanese Encephalitis, Zika and Chikungunya. There are currently no vaccines available worldwide for Zika.



### WHAT CAN YOU DO IN THE MEANTIME?

- **Use mosquito repellent** such as RiD spray or RiD roll on.
- **Soak your clothes** in Permethrin, which is a concentrated liquid containing active insect repellent ingredients.
- These products are both available at IMC over the counter.