

Mosquito-Borne Infections from Travel

Definition

- Your child has a fever after mosquito bites during travel.
- Mosquitos can spread infections to humans.
- People who live in or travel to high-risk areas can get these infections.
- They are also called "tropical diseases."

Health Information

Symptoms

- **Fever.** These infections all have fevers (higher than 102°F/39°C). Fever can come and go for more than 5 days. It often comes with chills and may break with sweats.
- **Headache.** Severe throbbing headaches are common.
- **Body aches and joint pain.** Muscles, joints and bones feel achy and sore.
- **Rash.** A rash can cover the entire body. Rash is pink or red and not itchy.
- Symptoms start 1 to 10 days after the mosquito bite.

Causes

- Mosquitos can spread many kinds of infections by biting people.
- Infection risk is higher in certain places, most often tropical. The hot, humid weather lets mosquitoes breed in large numbers year-round.
- Climate change is spreading these diseases to other places in the world.

Types of Infections

- **Dengue.** This virus causes fever with chills and severe headache with eye pain. It also causes severe bone and muscle pains. A widespread pink rash is common. Learn more at www.cdc.gov/dengue.
- **Chikungunya.** This virus causes fever, headache and painful swollen joints. Hands and feet hurt first. Rarely, a widespread pink rash may occur. Learn more at www.cdc.gov/chikungunya.
- **Yellow Fever.** This virus attacks the liver and kidneys. It causes yellow skin and eyes (jaundice). Also causes fever with chills, backache, and headache. Learn more at www.cdc.gov/yellowfever.
- **Zika virus.** Most people with Zika virus have no symptoms. Some (20%) will have mild illness. Mild Zika symptoms are fever, joint pain, headache, pink rash and red eyes. If a pregnant woman gets Zika, it can cause birth defects in the baby. Learn more at www.cdc.gov/zika.
- **Malaria.** Caused by a parasite that enters red blood cells and destroys them. It can cause yellow skin and eyes (jaundice). High fevers occur every 2 to 3 days. Body aches and severe headaches are common. Learn more at www.cdc.gov/malaria.

Diagnosis

- Blood tests diagnose the specific mosquito spread infection.
- Your doctor or public health department can help decide if you need these tests.
- Your doctor may be able to prescribe medicine based on the type of infection.

Care Advice

1. **Key Points**

- You can get infections from mosquito bites when traveling.
- Most mosquito-borne infections get better with rest and fluids.
- Malaria needs treatment with special medicines.
- Here is some home care advice that should help.

2. **Pain Medicine**

- For pain relief, give acetaminophen every 4 hours or ibuprofen every 6 hours as needed (See Dosage table).

3. **Fever Care**

- For fevers less than 102° F (39°C), fever medicine isn't needed. Reason: fevers in this range help the body fight the infection. Fevers turn on the body's immune system.
- Fever medicine is mainly needed for fevers over 102° F (39°C). The goal of fever medicine is to keep the fever at a helpful level.

4. **Stay Hydrated**

- Offer your child extra water or other fluids. Let them drink as much as they want.
- For infants younger than 6 months old, only give extra formula, breast milk, or Pedialyte if needed.

5. **What to Expect**

- Most mosquito-borne infections get better with rest and fluids.
- Malaria needs treatment with specific medicines. The earlier treatment starts, the better.
- Dengue will get better within 2 weeks.
- Chikungunya will get better within 1 week. Some people can have lasting joint pain for months.
- Yellow fever most often needs hospital treatment to get better.
- If symptoms occur with Zika, they most often get better within 1 week.

Call Your Doctor If

- Fever lasts longer than 5 days
- Severe pain occurs
- Your child is getting worse
- You think your child needs to be seen
- You have other questions or concerns

Pediatric Care Advice

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