

Stay Alert to Mosquito-borne Infectious Diseases

<Major mosquito-borne infectious diseases>

Dengue fever

- Symptoms:
Fever, headache, joint pain, muscle pain, rash, etc. In rare cases, symptoms may be more severe with bleeding.
- Endemic areas:
Africa, Latin America, Southeast Asia, etc.
- Mosquito species found in Japan that may carry this disease:
Aedes albopictus (Asian tiger mosquito)

Chikungunya fever

- Symptoms:
Fever, joint pain, rash, headache, general malaise, etc.
- Endemic areas:
Asia, Africa, Latin America, etc.
- Mosquito species found in Japan that may carry this disease:
Aedes albopictus (Asian tiger mosquito)

Zika virus infection

- Symptoms:
Mild fever, rash, conjunctivitis, muscle pain, joint pain, malaise, headache, etc.
 - Endemic areas:
Latin America, Africa, Asia, etc.
 - Mosquito species found in Japan that may carry this disease:
Aedes albopictus (Asian tiger mosquito)
- *Zika virus infection during pregnancy can cause serious birth defects including microcephaly (a smaller head and brain size).

Japanese encephalitis (JE)

- Symptoms:
Sudden onset of high fever, headache, vomiting, disturbance of consciousness, paralysis, etc. Sequelae can occur, and the virus can be fatal in severe cases.
- Endemic areas:
Asia, etc.
- Mosquito species found in Japan that may carry this disease:
Culex tritaeniorhynchus

! *There is a vaccine for Japanese encephalitis (JE).
If you are a foreign resident or traveler and wish to get vaccinated against JE, contact your local municipal office.



<Preventive measures>

● Avoid mosquito bites.

- Wear long sleeves and long pants.
- Use insect repellent (e.g., bug spray) on a regular basis.

Protect yourself from mosquitoes

● Remove sources of mosquito breeding, such as puddles.

Plant saucers, water accumulated in old unused tires, equipment left outside that may catch rainwater, etc.

Prevent breeding of mosquitoes

<Treatment>

The treatment is symptomatic. There is no specific medication available to treat these infections.

Seek medical attention immediately if symptoms develop.

- When seeking medical attention, report any history of traveling abroad, mosquito bite exposure, etc., to your medical professional.
- If you are infected, avoid further mosquito bites to prevent spreading the virus to others.

Mosquito-borne Infections
(the Ministry of Health,
Labor and Welfare website)
[http://www.mhlw.go.jp/stf/
seisakunitsuite/bunya/
0000164483.html](http://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164483.html)



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