UPDATES

CDC updates dengue risk areas for travel planning

CDC lists countries and regions with dengue risk and notes who should check country-specific travel information before traveling.

If you live in or travel to an area with dengue risk, you are at risk for dengue infection. CDC says almost half of the world's population lives in areas with risk.

As of Aug. 5, 2026, no countries met CDC's criteria for high transmission with 10 or more reported traveler cases in the last three months. Risk can differ within a country by region.

Dengue can spread through mosquito bites. These mosquitoes usually live below 6,500 feet, and dengue transmission above that altitude is very low.

Use CDC's maps to check risk for where you'll go, and use country-specific travel information to help you plan and pack.

What to do

- Before you travel, find country-specific travel information to help you plan and pack.
- Please see the maps to evaluate risk at the sub-national level.

Where this comes from

- Centers for Disease Control and Prevention

  https://tools.cdc.gov/api/v2/resources/purls/4WXZZ