

Dengue fever rash with islands of sparing

A 16-year-old boy was admitted with high-grade fever, myalgia, and joint pain for 5 days. On the fourth day of fever, he developed a generalised non-itchy macular erythematous rash with intervening areas of normal skin and a linear purpura over his back [Figure 1]. The palms, soles, and mucosae were normal. Investigations revealed NS1Ag positive and reduced platelet count (80,000/ μ L). He was diagnosed with dengue fever rash with characteristic ‘islands of sparing’ or ‘white islands in a sea of red’ hypothesised secondary to an immune response to the virus. There is a belief that this rash pattern occurs when platelet count starts becoming normal. He was treated with antipyretics and plenty of oral fluids. A follow-up after 1 week showed no fever and complete resolution of the rash.

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Figure 1: Diffuse macular erythematous rash with characteristic ‘islands of sparing’ and linear purpura over the back of the patient.

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Net Image

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