

GUIDELINES FOR PREVENTION OF DENGUE

1



Remove water from coolers and other small **containers** at least once in a week

2



Use aerosol during day time to **prevent the bites of mosquitoes**

3



Do not wear clothes that **expose arms and legs**

4



Use **mosquito** nets or **mosquito repellents** while sleeping during day time

DO'S & DON'TS
OF

DENGUE





PREVENTION



STOP DENGUE



LIVE CLEAN



CLEAR OUT ALL MOSQUITO BREEDING GROUNDS



**OLD TIRES, JARS,
CANS, BOTTLES**



**GUTTERS,
DRAINAGE**



**COVER ALL WATER
VESSELS**



**REPLACE WATER
IN VASES**

SYMPTOMS

SYMPTOMS OF DENGUE



Abrupt onset of **high fever**

Severe **frontal headache**

Pain behind the **eyes** which worsens with eye movement

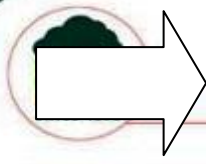
Muscle and **joint pains**

Loss of sense of taste and appetite

Measles-like rash over chest and upper limbs

Nausea and vomiting





Dengue Fever

Dengue is a disease caused by any one of four closely related virus (DEN-1, DEN-2, DEN-3, DEN-4). The viruses are transmitted to humans by the bite of an infected mosquito. The virus circulates in the blood leading to fever. Infection with one strain does not provide cross protection against another strain.



To protect yourself against Dengue Fever:

- Use a mosquito repellent containing DEET.
- Dress in protective clothing – long – sleeved shirts, long pants, socks, and shoes.
- Keep unscreened windows and doors closed.
- Keep window and door screens repaired.
- Get rid of areas where mosquitoes breed, such as standing water in flower pots or discarded tires.
- Use mosquito netting over beds, and screens on windows and doorways.

Dengue fever symptoms appear within 5 to 6 days of being bitten by an infected mosquito, and last for 1 to 2 weeks, including:

- The sudden onset of a high fever, up to 39 °C.
- Severe headache.
- Retro-orbital (behind the eye) pain.
- Severe joint and muscle pain.
- Nausea and vomiting.
- Rash appearing on the arms or legs 3 to 4 days after fever begins.
- Abnormal bleeding and very low blood pressure (shock) may occur in severe cases.



Diagnosis

Blood test: PCR for Dengue, Dengue IgG and IgM. The PCR based method is more effective in the first few days of infection.

If you get Dengue Fever

- Visit your physician.
- Rest.
- Drink plenty of water.
- Take medicine to reduce your fever, but avoid Aspirin.

We care about you... from International Travel Medicine Clinic (ITMC)

References:

1. <http://www.nhp.gov.in/disease-a-z/d/dengue-fever>
2. www.nhs.uk
3. www.nvbdc.gov
4. Red Cross, Philippines
5. bnhhospital