

Prevention from Dengue  
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## WHAT IS DENGUE ?

Dengue is a viral disease it is transmitted by the infective bite of *Aedes Aegypti* mosquito It occurs in two forms: Dengue Fever and Dengue Haemorrhagic Fever (DHF) Dengue Fever is a severe, flu-like illness, Dengue Haemorrhagic Fever (DHF) is a more severe form of disease, which may cause death

## **SIGNS & SYMPTOMS OF DENGUE FEVER**

- 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 may occur either as simple dengue fever with self limiting illness or patient may develop Bleeding Tendencies called Dengue Hemorrhagic Fever (DHF)
- Dengue Hemorrhagic Fever (DHF) is a severe form of disease, which may lead to Dengue Shock Syndrome, a more severe form of dengue fever cause death

## **SIGNS & SYMPTOMS OF DENGUE HAEMORRHAGIC FEVER AND SHOCK SYNDROME**

- Symptoms similar to dengue fever
- Severe, continuous stomach pains
- Skin, becomes, pale, cold or clammy
- Bleeding from, nose, mouth & gums and skin rashes
- Frequent vomiting with or without blood
- Sleepiness and restlessness
- Patient feels thirsty and mouth becomes dry
- Rapid weak pulse)
- Difficulty in breathing

# Preventive measures

## **A. At domestic & Peri-domestic/institutional level**

- Drain out the water from Desert Coolers at least once a week and observe Dry Day.
- Put two table spoons of Kerosene oil or Petrol in the coolers which can not be dried.
- Ensure that Over Head Tank has tight fitting lid
- Do not store water, if water has to be stored it should be done in the containers that has proper lids
- Ensure there is no waste material that is capable of holding water is lying in the premises /roof top etc. Discard it immediately.
- If an ornamental Pond/Fountain/Water Fall is being maintained in the premises, Zonal Municipal Health Authorities may be, requested to introduce, Gambusia-Larvivorous fish (small fish that eat up the larvae of mosquito) in these water bodies

### **C. Personal Prophylactic Measures**

- Use of mosquito repellent creams, liquids, coils, mats etc.
- Wearing of full sleeve shirts and full pants with socks during the Transmission season.
- Use of bed nets for sleeping during day time to prevent mosquito bite

## DO'S AND DON'TS

- Remove water from coolers and other small containers at least once in a week
- Use aerosol during day time to prevent the bites of mosquitoes
- Do not wear clothes that expose arms and legs
- Children should not be allowed to play in shorts and half sleeved clothes
- Use mosquito nets or mosquito repellents while sleeping during day time
- For IIT D Students:
- Please purchase smaller capacity coolers so that water changes frequently.
- Water coolers should be accessible for inspections
- Please do not lock cooler while away from room for more than three days



## **TRANSMISSION CYCLE OF DENGUE**

The mosquito becomes infective when it bites a Dengue patient for a blood meal and the virus from the patient enters the mosquito where it multiplies. Now this infective mosquito when bites a healthy person, it transmits the disease.

## **Facts about Feeding and resting habits of mosquito transmitting Dengue Fever**

Female Mosquito needs blood meals for development and laying of eggs. In one day it bites 3-5 people to satisfy its blood meals requirement. This is so because the mosquito is Day biter and moment it bites a human being it is moved away by the person so it does not get sufficient time to take Blood meal from the single human body.

## **FAVOURED BREEDING PLACES**

Desert coolers, Drums, Jars, Pots, Buckets, Flower vases, Plant saucers, Tanks, Cisterns, Bottles, Tins, Tyres, Roof gutters, Refrigerator drip pans, Cement blocks, Cemetery urns, Bamboo stumps, Coconut shells, Tree holes and many more places where rainwater collects or is stored.

# Source

Dengue awareness [mcdonline.gov.in](http://mcdonline.gov.in)