



DENGUE FEVER



**LET US
BE PROTECTED**

Dengue Fever/Dengue Haemorrhagic Fever

- Is caused by a virus.

How does it spread ?

- This is spread by the bite of an infected mosquito *Aedes Aegypti* and *Aedes Albopictus*.

The dengue mosquito usually bites during day time specially in the morning and evening. Therefore you could be bitten while at work place, school or traveling.

General Symptoms of Dengue fever

- High Fever.
- Headache.
- Rash on the face, trunk and extremities.
- Muscle and joint pains.
- Nausea and vomiting.

The symptoms subside in about 3-4 days and the patients recover. Some may progress to Dengue Haemorrhagic Status.

Symptoms of Dengue Haemorrhagic Fever (DHF)

- Symptoms similar to dengue fever.
- Haemorrhagic manifestations
Petechial rash
- Bleeding from nose
- Bleeding from gums
- Brown or black coloured vomitus or faeces
- Severe and continuous stomach pain.
- Enlargement of liver.

If these symptoms appear take treatment immediately from a hospital.

Dengue shock syndrome

Warning!

- The fever may suddenly go down in a patient with DHF. But if the patient still feels ill, it may be a sign of shock.

In a patient like this, symptoms of shock like

- Coldness of body
- Paleness of body
- Restlessness and drowsiness
- Acceleration of breathing and increase in pulse rate,
Indicates worsening of disease.

Be alert to a sudden drop in temperature in a child having fever. Refrain from giving Aspirin or drugs containing Salicylates to the child. Use only Paracetamol, in correct dosage. Don't exceed 4 times a day.

Let us prevent Dengue Fever / DHF

Prevent Dengue fever by elimination of breeding places of mosquito transmitting the Dengue virus.

Such mosquitoes breed in containers where there is collection of clean water. These containers lie in and around homes, schools and work places.



- Crush and bury empty tins, coconut shells and earthen ware during disposal.



- Add salt to the water in flower vases and ant traps. Change water frequently.

- Remove leaves and debris blocking drains and gutters.



- Fill with sand or pierce the tyres on roof-tops to prevent collection of water.

- Cover all utensils containing water.
- Change water frequently in containers kept for dogs, birds etc.



- Avoid throwing Sili Sli (Polythene) bags to the open environment. Keep the surrounding of your house clean.

If Dengue fever is suspected...

- Get the patients with fever to rest in bed. Refrain from sending children with fever to school.
- Give plenty of fluids to drink.
- Refrain from giving Aspirin or drug containing Salicylates.

If DHF is Suspected

- Take treatment immediately from a hospital. / Qualified doctor
- Early treatment of DHF can prevent serious sequelae.
- Monitor the child / patients for dengue symptoms even after taking treatment.

