

PRECAUTIONS FOR DENGUE

Dengue is a viral disease which is transmitted by the infective bite of *Aedes Aegypti* mosquito. It occurs in two forms:

- a) Dengue Fever and
- b) Dengue Haemorrhagic Fever (DHF).

Dengue Fever is a severe, flu-like illness while Dengue Haemorrhagic Fever (DHF) is a more severe form of disease.

Do's and Don't's for Patients:

If you or any other member is suffering from suspected dengue fever, it is important to carefully watch yourself or member for the next few days, since this disease can rapidly become very serious and lead to a medical emergency.

The complications associated with Dengue Fever/Dengue Haemorrhagic Fever usually appear between the third and fifth day of illness. You should therefore watch the patient for two days even after fever disappears.

Personal 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

What to Do:

- Give large amounts of fluids (water, soup, milk, juice) along with the normal diet.
- The patient should take complete rest.
- Immediately consult the doctor or report at the Health Centre if any of the following manifestations appear:
 - ✓ Red spots or points on the skin
 - ✓ bleeding from the nose or gums
 - ✓ frequent vomiting
 - ✓ vomiting with blood
 - ✓ black stools
 - ✓ sleepiness
 - ✓ constant crying;
 - ✓ abdominal pain
 - ✓ excessive thirst (dry mouth)
 - ✓ pale, cold or clammy skin
 - ✓ difficulty in breathing

What Not to Do:

- Do not wait in case the above symptoms appear.
- Immediately consult a doctor. It is crucial to quickly get treatment in case of these complications.

Preventive Measures Adopted:

All the possible mosquito breeding sources and sites are being detected and eliminated. If still the source can't be reduced Institute Authorities must be contacted immediately. The Institute has already initiated the following steps for the prevention of dengue:

- Fogging/ Fumigation are done periodically.
- The workers are regularly inspecting locations where it is likely to have drainage blocked by leaves and rubbish.
- All the containers are covered that hold water to prevent mosquito from accessing the water.
- In addition the students are advised to prefer wearing long-sleeved clothes and long trousers when outdoors and avoid going near shrubby areas where adult mosquitoes usually rest during the day. The most active time of *Aedes* mosquito is during daytime especially two hours after sunrise and a few hours before sunset.