GUIDANCE NOTE ON DENGUE PREVENTION

What is Dengue? A Vector-borne disease

→ Dengue is a viral flu-like illness (high fever) spread by the bites of infected Aedes mosquitoes. They have black and white stripes on body and legs and are different from other mosquitoes.

→ Aedes mosquitoes bite **during the day** (from dawn to dusk); and stay inside and around the household (mostly in dark/shady areas).

What are the protective measures?

**Wear full sleeve clothes** and try to keep your body covered as much as possible.

**Sleep under a mosquito net** during day and night. Specially Dengue patients must stay under a mosquito net all the time to stop the transmission.

**Indoor Residual Spraying (IRS)** can be used inside of the household during daytime, as it is effective against adult mosquitoes.

**Seek medical help** if there is any symptom (See ‘What are the symptoms?’ section).

What are the preventive measures?

→ **Weekly** (each 5-7 days) community mobilization for “Seek and Destroy the mosquito breeding sites” activity, specially in the most affected areas.

→ These are the household and communal level **mosquito breeding sites**. Seek and clean/remove these to destroy mosquito larvae. Do not let rainwater settle on these or in anything open.

→ All the stored water containers must be kept covered to prevent mosquitoes from breeding inside. And **cleaning the inside of domestic open containers by brushing and using soap/soapy solution weekly** is recommended in order to destroy mosquito eggs and larvae.

What are the strategies / recommendations?

→ To achieve greater impact, taking preventive measures by **destroying the larvae and the breeding sites has better result** than combating adult mosquitoes.

→ **Fumigation is not effective and no longer recommended**, as mosquitoes show adaptive behavior to the insecticides used for it (Permethrin etc.). Moreover, **fumigation possesses negative impact** towards health and environment.

What are the symptoms?

→ Dengue fever usually occurs after an **incubation period of 4-10 days** after the mosquito bite. **Fever lasts for 2-7 days.**

→ Follow up the patient’s condition for next few days after the fever goes away. **Watch for warning signs** (on day 4 to 7).

→ If the patient possesses the following symptoms, **take the patient immediately to a doctor/clinic or hospital:**

  - Bleeding from nose, teeth, or mouth.
  - Excessive thirst or dry mouth.
  - Severe abdominal pain.
  - Black / dark color of feces.
  - Difficulty in breathing.
  - Pale skin color or cold skin.
  - Frequent vomiting with / without blood.

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