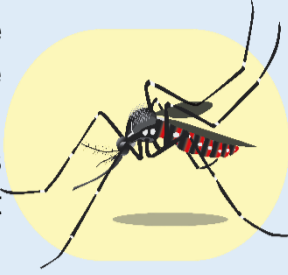




What is Dengue? A Vector-borne disease

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



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

What are the risks?

→ Dengue is usually a mild illness but **can become severe**. In severe form of dengue, bleeding and sometimes shock occurs - **which may lead to death**.

→ **Anyone can be affected** by dengue. However, pregnant women, babies and children are more vulnerable.

→ Dengue upsurge can occur anytime, **especially during the rainy season** when the conditions are favorable for mosquito breeding and dengue transmission.

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**.



High Fever



Skin Rash



Headache



Nausea/Vomiting



Muscle/Joint Pain

→ 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.

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 mosquitos.

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



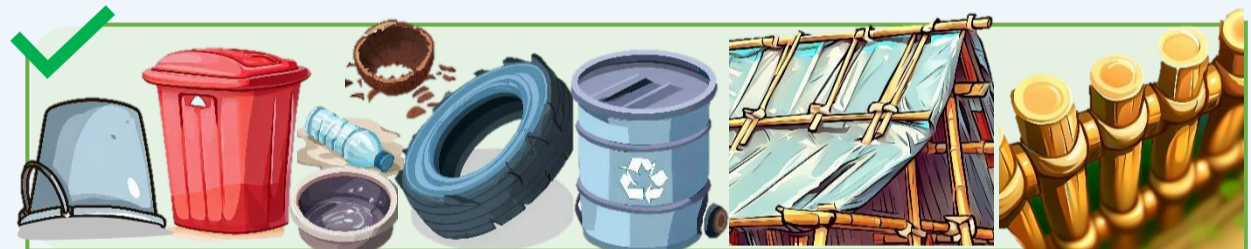
What are the preventive measures?

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



Stagnant water on roof, bamboo fence, in trash can, bucket, barrel, bowl, jar, coconut waste, tire etc.

→ 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.



Clean roof, bamboo fence, remove wastes where water can settle, flip down/cover waste bins/buckets

→ **All the stored water containers must be kept covered** to prevent mosquitos 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 mosquitos.

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

