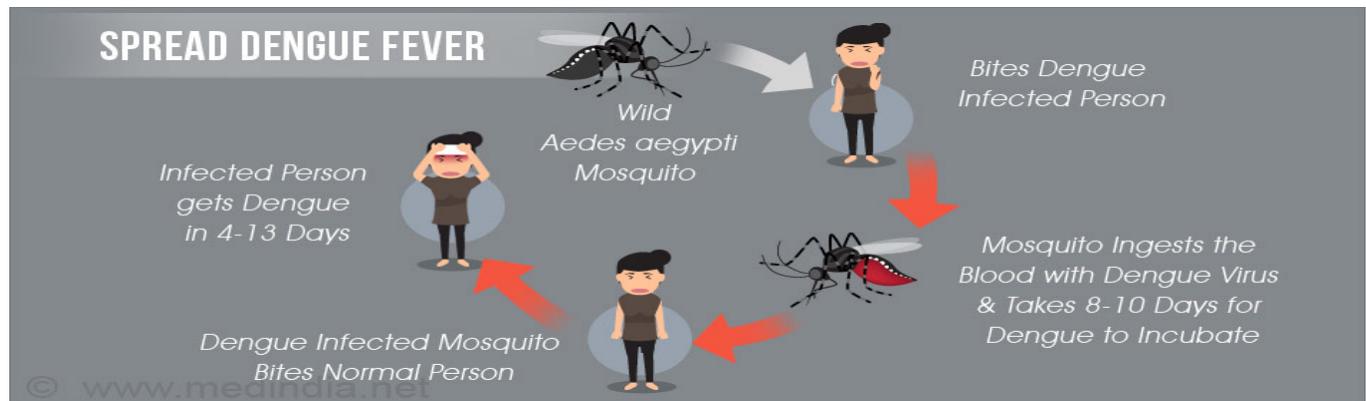




Dear Parents,

Dengue is a mosquito-borne viral disease caused by dengue viruses, and spreads by *Aedes aegypti* mosquitoes.

Global incidence of dengue has drastically gone up in the last few years. According to the World Health Organization (WHO), there are about 390 million cases of dengue fever worldwide, and of the total number of cases, 96 million require medical treatment. India also saw a doubling up of cases of dengue from 2015 to 2017 and the worst hit city was Delhi with over 1800 cases of the fever.



Early signs of dengue may include high fever, joint pains, headache, nausea, appetite loss, vomiting, dip in blood pressure and would perpetuate with a characteristic skin rash. The situation can get worse by a drop in the level of blood platelets, blood plasma leakage or a severely low blood pressure.

**DO's**

- Cover water tanks and containers with tight lids.
- Empty scrub and dry desert coolers every week before refilling.
- Use bed-net during fever to prevent mosquito bite during day time and interrupt transmission.
- To avoid mosquito bite during day time, wear full sleeved clothing and apply mosquito repellent cream, coil etc.

**DON'Ts**

- Don't allow water to stagnate in and around your house in coolers, buckets, barrels, flower pots, bird baths, freeze trays, coconut shells etc.
- Do not keep utensils, unused bottles, tins, old tyres and other junks in and around your house and roof top.
- There is no specific medicine for Dengue. Self medication should be avoided.
- Do not insist for hospitalization unless advised by the Doctor

**DON'T IGNORE THESE SYMPTOMS**

- High Fever
- Severe Headache
- Backache
- Eye Pain
- Skin Rashes
- Bleeding From Gums

**Consult a Doctor**

Avoid wearing dark and tight clothing because mosquitoes are attracted to dark colours. Wear loose, white and long clothes, which cover the whole body. Mosquitoes find it difficult to bite through loose clothes than tight fitting clothes. Mosquito repellents are also quite effective. The worst hit age group has been school children.

**“Support us in effective implementation of wearing full-sleeved clothes policy to keep children safe.”**

**Asha Prabhakar**  
(Principal)

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एक कदम स्वच्छता की ओर

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