



HEALTH AND WELLNESS CLUB
IF IT BREEDS, WE BLEED; BE AWARE, TAKE ACTION!



Dengue is the fastest growing mosquito-borne viral disease across the world today, causing nearly 400 million infections every year. In the last **50** years, dengue has spread from being present in a handful of countries to being endemic in **128** countries; dengue incidence has increased **30**-fold in this time period.

Current reports indicate that the dreaded viral disease "dengue" may strike our country with unprecedented fury. The figures are likely to go higher and are expected to peak in October. Control of dengue, especially in Delhi NCR is therefore a national challenge. This year, intermittent rains and a warm humid weather have provided mosquitoes with ideal conditions to multiply.

The *Aedes aegypti* mosquito flourishes during rainy seasons but can breed in water-filled flower pots, plastic bags, and cans year-round. One mosquito bite can inflict the disease. The virus is not contagious and cannot be spread directly from person to person. There must be a person-to-mosquito-to-another-person pathway. Dengue is a viral disease having no effective vaccine.

Each student must survey and destroy probable threat places like coolers, plastic cups, uncovered water tanks, flower pots in their schools/premises, their respective homes, public places etc. And submit evidence in the form of photographs along with the proforma which will be shared shortly.

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.

Don't Ignore These Symptoms

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

Consult a Doctor

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

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 need to be fought against cohesively and valiantly. Individual alertness, on the part of every person is the need of the hour.

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

Asha Prabhakar
(Principal)

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