



## HEALTH AND WELLNESS CLUB

### IF IT BREEDS, WE BLEED: BE AWARE. TAKE ACTION!

Dear Parents,

Dengue syndrome has become a global health issues these days as it is endemic in almost 110 countries, causing nearly 400 million infections every year. Current reports indicate that the Covid cases may be receding in India, but there seems to be no respite on the health front. The age-old problems of dengue and viral fever, observed mostly around monsoon, have reared their ugly heads once again. More so in India's most populated state of Uttar Pradesh, where more than 1,200 cases and nearly 90 deaths have already come to light. Control of dengue, especially in Delhi NCR is therefore a national challenge.



Dengue fever, also known as break bone fever, is a mosquito-borne infection that can lead to a severe flu-like illness. It is caused by four different viruses and spread by *Aedes* mosquitoes. The "mild" version of the disease can involve a high fever, a rash, severe headache and pain behind the eyes, and nausea and vomiting. A more severe form of dengue fever is dengue hemorrhagic fever, which begins much like the "mild" form but then progresses to symptoms that can include nosebleed and signs of bleeding under the skin, known as petechia. This form of dengue can be fatal. 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.

**Each student must survey probable threat places like coolers, plastic cups, uncovered water tanks, flower pots in their schools/premises, their respective homes, public places etc. and take effective control and preventive measures.**

#### 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.

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*

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(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर



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