



HEALTH AND WELLNESS CLUB

DENGUE DEFENCE : TAKE ACTION, STAY SAFE !

The current level of Dengue case count is the highest in last six years, with total 390 cases reported so far in Delhi/NCR.

Dengue fever is a vector-borne disease caused by mosquitoes carrying the dengue virus or Flavivirus. Dengue fever can sometimes lead to more dangerous forms of the disease known as dengue hemorrhagic fever and dengue shock syndrome, which if not treated can be fatal. Dengue carrying mosquitoes have black and white stripes and bite mostly on the knees, legs, neck and ears during day / evening hours. Dengue has no effective cure but can be easily prevented by taking precautionary measures.

Dengue Management

Do's



Increase fluid intake



Monitor symptoms

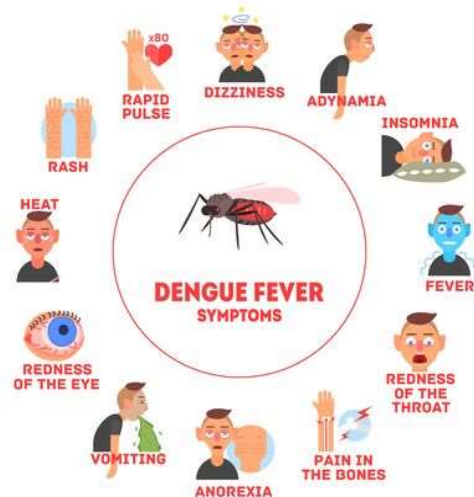
Don'ts



Do not take aspirin



Do not self medicate



- 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.
 - Change water of planters / plant bottles on weekly basis

- DON'Ts**
- Don't allow water to stagnate in and around your house in coolers, buckets, barrels, flowerpots, 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.

- Monitor patients closely for symptoms like vomiting, bleeding or weakened pulse rate, see a doctor immediately.
- 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.”

Distribution

- VPL/Academic Coordinator/HMs
- Class Broadcast Groups
- Staff, Website I/C
- A Razdan (File)

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