

## HEALTH AND WELLNESS CLUB

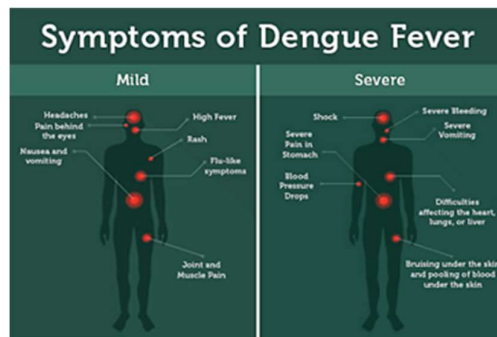
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### **DENGUE DEFENCE** **BE AWARE, TAKE ACTION! STAY SAFE!!**

According to data published on the website of the National Centre for Vector Borne Diseases Control, the country has recorded 19,447 cases of dengue and 16 deaths till April 30, 2024.

Dengue fever is a vector-borne disease caused by mosquitoes carrying the dengue virus or Flavivirus. Dengue carrying mosquitoes have black and white stripes and bite mostly on the knees, legs, neck and ears. Dengue has no effective cure and a dengue vaccine is still under clinical trials. But dengue can be easily prevented by taking precautionary measures early.



- Prevent entry of mosquitoes by installing screens on windows
- Use mosquito repellants like creams, mats and coils.
- Eliminate all mosquito breeding sites and prevent water-logging in surroundings
- Use mosquito nets on beds while sleeping
- Clean water coolers and water tanks frequently and keep all water resources fully covered.
- Dengue mosquitoes can breed only in clean water not in dirty water. Therefore, regularly clean your water storage containers.
- Do not accumulate old tyres, water tanks, tubes, plastic containers, etc. as they act as breeding grounds for the mosquitoes.
- Do not allow children to wear short-sleeved clothes and play in water puddles and stagnant water bodies.
- Patients must intake lots of fluids regularly to stay hydrated as dengue causes dehydration.
- Loss of plasma cells is one of the prominent symptoms of dengue. Eat immunity-boosting fruits, and drink fruit juices rich in Vitamin C.

#### **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.

- Spray aerosols during day time to keep the mosquitoes away.
- 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.”***



Asha Prabhakar  
(Principal)

#### Distribution

- VPL/HMs
- Staff / Students
- Broadcast Groups
- Website

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