

N.C. JINDAL PUBLIC SCHOOL, PUNJABI BAGH, NEW DELHI-110026

PREVENTION AND CONTROL OF VECTOR BORNE DISEASES (DENGUE, CHIKUNGUNYA & MALARIA)

AWARENESS CAMPAIGN DURING COVID 19 PANDEMIC



DO'S	DON'TS
Cover all water tanks and containers with well fitted lids to prevent breeding of mosquitoes	Do not keep water containers open as they can attract mosquitoes to breed.
Empty, scrub and dry the room coolers every week before refilling to prevent breeding of mosquitoes. Paint the insides of coolers before use.	Don't use the old grass of cooler in the next season and properly dispose off the same.
All unused containers, junk materials, tyres, coconut shells etc. should be properly disposed off.	Don't throw broken utensils, unused bottles, tins, old tyres and other junks in open as Aedes mosquitoes breed in these objects.
Change water in flower vases, plant pots, bird pots every week to prevent mosquito breeding.	Don't allow water to stagnate in and around houses.
Cover the toilet seat if going out of home for more than a week.	Don't insist for hospitalization in case of fever unless advised by a doctor.
To avoid mosquito bites wear full-sleeved clothing and use mosquito repellents. Put wire mesh on doors and windows to prevent entry of mosquitoes.	Do not allow children to wear short sleeved clothes and play in water puddles and stagnant water bodies.
Use bed net at home and hospital during dengue fever to prevent mosquito bite and to interrupt transmission. Use aerosol, vaporizers (Coils/Mats) during day time.	Do not create panic. Dengue, Chikungunya and Malaria are treatable.

Stay home, Stay safe, Stay Healthy

KNOW MORE ABOUT DENGUE FEVER

Dengue fever is a disease caused by a family of viruses that are transmitted by mosquitoes. It is also known as 'breakbone' fever. It is transmitted by several species of mosquito within the genus 'Aedes', principally '*Aedes aegypti*'. It is an acute illness of sudden onset that usually follows a benign course with symptoms. It can affect anyone but tends to be more severe in people with compromised immune systems.

MODE OF TRANSMISSION

- The virus is contracted from the bite of a striped *Aedes aegypti* mosquito that has previously bitten an infected person.
- The virus is transmitted from person - to - mosquito - to - another person pathway.

BREEDING TIME

- The mosquito flourishes during rainy seasons.
- It can also breed in clean water, filled flowerpot, plastic bags & cans.

INCUBATION PERIOD

- 8-10 days before the signs and symptoms appear

SYMPTOMS

- Sudden, high fever - 105°F (40°C)
- Severe headaches, nausea & vomiting
- Pain behind the eyes
- Severe joint and muscle pain
- Skin rash
- Mild bleeding (internally)

TREATMENT

- No specific medicine
- Take complete rest
- Drink plenty of fluids (water, soup, milk, juice) along with normal diet.

There is a feeling of weakness and full recovery often takes several weeks.

Lets join hands together to combat this menace of Dengue

HEALTH & WELLNESS CLUB

