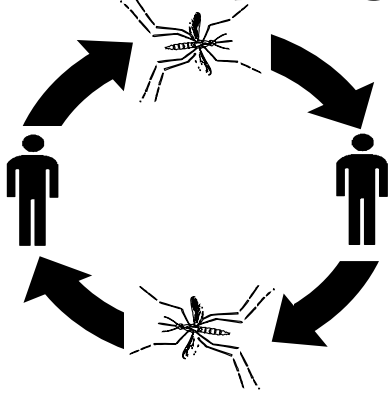


Dengue Fever



How do you get Dengue Fever?



You get the Dengue Fever Virus from being bitten by a mosquito called 'Aedes Aegypt' that has bitten another person infected with the virus. The Aedes Aegypt mosquito has black and white stripes on its body and it bites in the day time. It only takes one mosquito to infect a number of people in a short time. You can get Dengue Fever more than once.

Stop the mosquito breeding and you can stop the disease.

Lots of people can have Dengue Fever, the World Health Organization estimates 2.5 billion people are at risk for the infection. The only way to know for sure if you have Dengue Fever is to get blood tests in a laboratory.

The symptoms of Dengue Fever are:

- Sudden onset of fever (usually lasting 3-7 days)
- Intense headache, especially behind the eyes, cold, flu
- Muscle and joint pain (back, ankles, knees, elbows etc)
- Loss of appetite, nausea, vomiting and diarrhoea
- Spots on the body, especially chest and arms
- Extreme fatigue
- In severe cases bleeding from mouth and nose



See a doctor IMMEDIATELY if anyone you know has any of these symptoms

How do you treat Dengue Fever?

There is no specific cure or vaccine for Dengue Fever. If you think that someone has Dengue Fever immediately give them as much liquids as possible, take them to the nearest health center and keep them protected from mosquitoes to protect others from getting infected. The illness may last up to 10 days, but complete recovery can take up to four weeks.

How to avoid getting it?

The best way to avoid getting Dengue Fever is to get rid of dengue mosquito breeding sites around your home.

Chances are if you or a family member gets dengue, a mosquito that bred in your own house or yard infected you.

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Stop the mosquito breeding and you can stop the disease.

Dengue mosquitoes breed in containers that hold water. Check your house and yard and tip out any containers that hold water. The store them in a dry place or throw them out. Common breeding sites for dengue mosquitoes are:

- Jars & Pots
- Pot plant bases
- Buckets
- Tires
- Tin cans
- Plastic containers
- Roof guttering
- Bottles
- Rainwater tanks
- Tarpaulins
- Tree holes
- Palm fronds
- Coconut shells
- Bamboo stumps
- Refrigerator drip pans

... and many more places where water collects or is stored.

GET RID OF PLACES WHERE MOSQUITOES LIVE & KEEP THEM OUT OF YOUR HOME



- Keep your home bright, well ventilated, free from moisture and any kind of standing water. Drain and dry out any wet areas in and around you. Keep your home, work place and gardens clean and free from rubbish. Keep gardens well tended and if necessary spray them with mosquito repellent
- Put mosquito netting and screen on all of your doors and windows
- Use mosquito nets when you sleep, especially use mosquito nets for children and infants sleeping during the daytime
- Use of mosquito repellents and wear long sleeve shirts and long pants with socks. Ideally children should not be allowed to play in shorts and short sleeved clothes
- Don't leave any water uncovered, don't keep any water in containers for more than one week. If you need to keep water in containers, empty the containers each week, let them dry and then fill them up again. Don't let water sit in water pots, dishes, buckets etc.
- Make sure that people who you suspect may have Dengue Fever are taken to the clinic