



# Little Flowers Public Sr. Sec. School

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**DATE : 16.07.2024**

## **Circular: Preventive Measures against Dengue and Mosquito-Borne Diseases**

### **Dear Parents**

As part of our commitment to ensuring the health and safety of our students, we would like to inform you about preventive measures against dengue and other mosquito diseases. With the rise in cases during the rainy season, It is crucial to take necessary precautions.

**So please send your ward in blue School trousers to prevent mosquito bites.**



**(Principal)**



# Prevention & Control of Vector Borne Diseases



## Do's PREVENT THE BREEDING OF MOSQUITOES

Properly cover all the water containers/overhead tanks

Scrub dry coolers before refilling, change water in flower vases, bird bath & potted plants frequently

Prevent waterlogging, dispose off unused containers, junk, tyres, coconut shells

Cover the toilet seat if going out of home for more than a week



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## Do's Prevent Mosquito Bite



Use mosquito repellents on exposed body parts during the day time

Wear full sleeved clothes and long dresses/dresses that cover arms and legs

Use bed nets even during the day time specially for children and infants

Protect dengue patients from mosquito bites.

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## Don'ts Don't let water to collect in and around house, office or school

Don't store water in uncovered or not properly covered containers/tanks

Don't let broken earthenware, bottles, pots, tyres etc. to collect outside or on rooftops



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## Don'ts

Don't give aspirin/brufen to a dengue patient



Don't depend only on platelet count for diagnosis of dengue



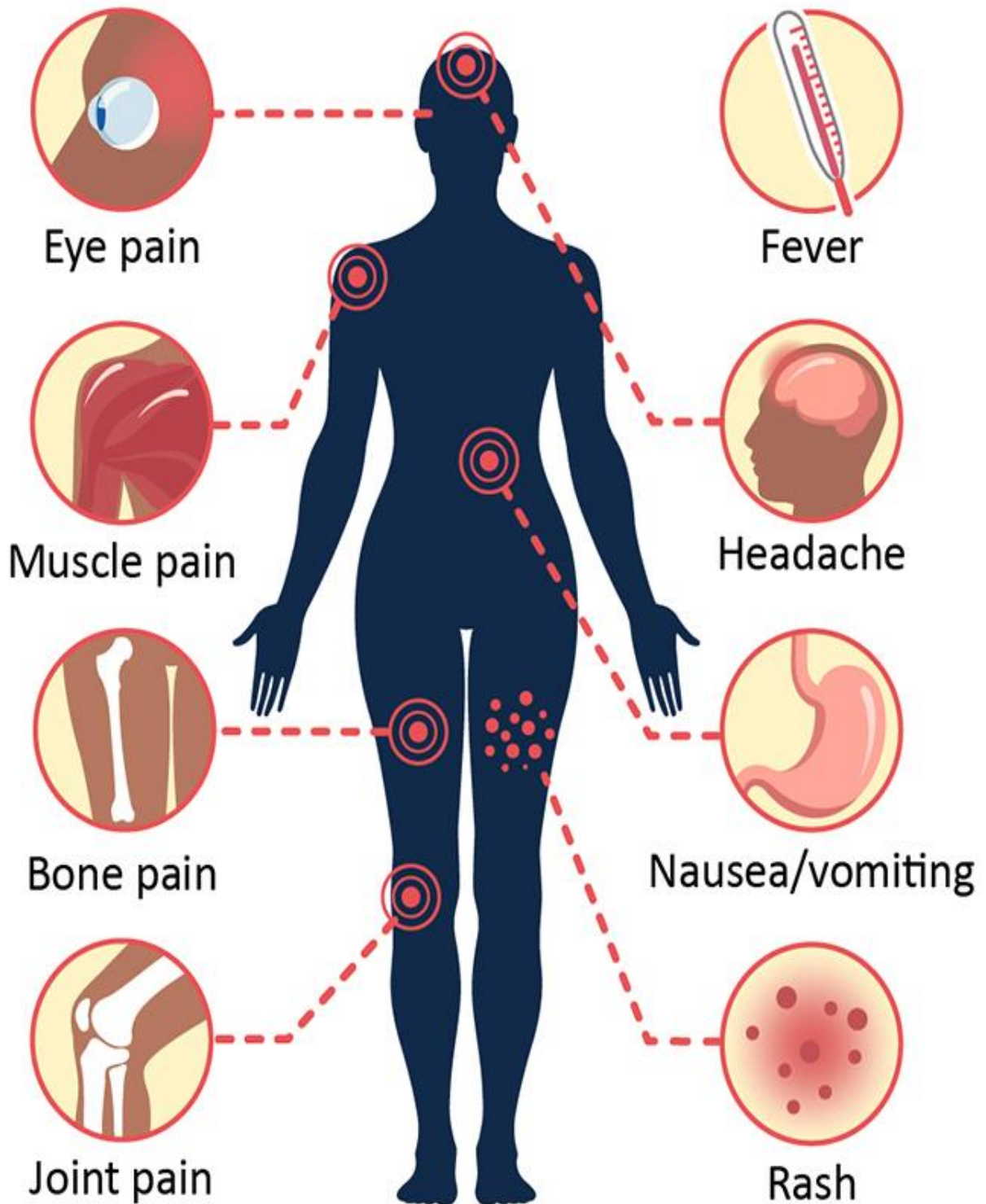
Dengue, Chikungunya & Malaria are treatable

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# Dengue Symptoms

Fever with any of the following



# Chikungunya

Chikungunya is transmitted through the bite of the *Aedes Aegypti* and the *Aedes Albopictus* Mosquito. The second is only found in Izabal

- fever
- headaches
- tiredness
- depression



*Aedes Aegypti*

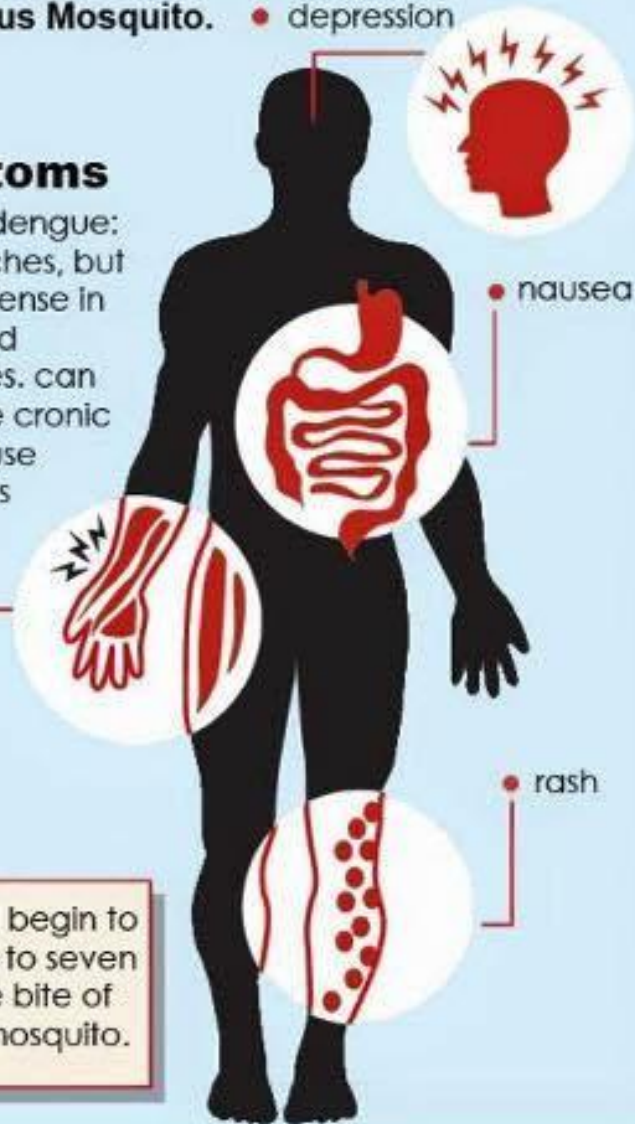


*Aedes Albopictus*

## Symptoms

- just like dengue: body aches, but more intense in joints and tendons. can become chronic and cause blindness

symptoms will begin to appear three to seven days after the bite of an infected mosquito.



## Prevention



do not store water in open containers so that they do not become breeding sites for mosquitoes



cover tanks or containers for water for domestic use



do not accumulate trash, dispose of trash in your yard



cut your grass regularly to destroy potential breeding or resting sites



use mesh or screens on your windows and doors



use repellent or long sleeves to avoid getting bitten



# DENGUE, CHIKUNGUNYA AND ZIKA: What do they have in common?

Early symptoms of **Chikungunya** and **Dengue** are very similar and can be confused with Zika.

DENGUE	CHIKUNGUNYA	ZIKA
<ul style="list-style-type: none"><li>Headache</li><li>High Fever</li><li>Nausea &amp; Vomiting</li><li>Skin Rashes</li><li>Body Malaise</li><li>Muscle Pain</li><li>Joint Pain</li></ul>	<ul style="list-style-type: none"><li>Headache</li><li>High Fever</li><li>Nausea &amp; Vomiting</li><li>Skin Rashes</li><li>Body Malaise</li><li>Muscle Pain</li><li>Joint Pain</li></ul>	<ul style="list-style-type: none"><li>Headache</li><li>Red Eye</li><li>Mild Fever</li><li>Skin Rashes</li><li>Fatigue</li><li>Joint Pain</li></ul>



To know more about these viruses even when you are offline, download the First Aid PH now for free.

Both available on:



phredcross



@philredcross



www.redcross.org.ph

# Dengue

Dengue fever is caused by dengue virus (Flavivirus genus)

Female Aedes Aegypti mosquitoes are carriers



4 types of dengue viruses:

DENV-1, DENV-2,  
DENV-3, DENV-4



3.9 billion people in 128 countries are at risk (about 40% of world population)



Wild, uninfected mosquito



Bites dengue infected person

Infected person gets dengue 4 -13 days later

Symptoms:

- High fever
- Severe headaches
- Pain behind the eyes
- Severe joint and muscle pain
- Nausea
- Vomiting
- Skin rash



Dengue infected mosquito bites uninfected person.

Mosquito ingests blood with dengue virus. Takes 10 to 12 days for dengue virus to incubate

Platelet count goes down to 20,000 or even lower



Over 20,000 deaths occur annually

#royopath

histopathology-india.net

## Table 2. Grades of Dengue Hemorrhagic Fever (11)

Grades	Definitions
Grade I	Fever and nonspecific constitutional symptoms, with a positive tourniquet test being the only hemorrhagic manifestation
Grade II	Grade I manifestations plus spontaneous bleeding
Grade III*	Circulatory failure manifested as rapid /weak pulse, with cold skin, restlessness, and narrow pulse pressure or hypotension
Grade IV*	Profound shock with nondetectable pulse or blood pressure

\* Grades III and IV constitute dengue shock syndrome.

# TO PREVENT DENGUE & CHIKUNGUNYA



Do not allow water to accumulate around you, the dengue & chikungunya mosquito breeds in fresh stagnant water

Prevention from DENGUE & CHIKUNGUNYA is easy



Scrub, dry and change water weekly. Don't let water coming out of ACs accumulate



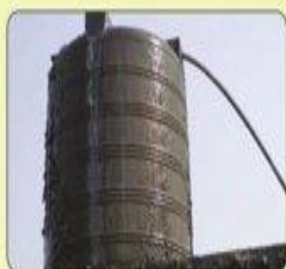
Don't keep open cups, bottles containers, tyres etc around your home



Water in containers for birds must be changed every week



Change the water of indoor plants every week



Keep the lids of water tanks/containers closed. Don't let water tankers overflow



Don't let water collect around home, put petrol in accumulated water

## PREVENTION FROM DENGUE & CHIKUNGUNYA MOSQUITO



Avoid mosquito bite by wearing full sleeve clothing



Use mosquito repellents /mosquito nets to avoid mosquito bite

Test and treatment for Dengue & Chikungunya is free in all government hospitals





## ऐडीज मच्छरों के पनपने के स्थान

## किया गया कार्य

माह

माह

सप्ताह संख्या

सप्ताह संख्या

1

2

3

4

5

1

2

3

4

5

1. कूलर



- (क) घर में कूलरों की संख्या
- (ख) कितने कूलरों में पानी है
- (ग) कितने कूलरों में पैट्रोल या कीटनाशक दवा डाला गया

2. पानी की टंकी एवं हौदी



- (क) पानी की टंकी एवं हौदी की कुल संख्या
- (ख) कितनी टंकियों/हौदियों पर ढक्कन लगा है
- (ग) कितनी टंकियों की हवा निकाली पाइप पर जाली लगाई गई

3. दैनिक प्रयोग में आने वाले पानी के बर्तन जैसे बाल्टी, घड़ा, पक्षियों के पानी पीने वाले बर्तन आदि



- (क) पानी के बर्तनों की कुल संख्या
- (ख) कितने बर्तन साफ किये
- (ग) कितने बर्तनों को ढक कर रखा गया
- (घ) कितने बर्तन जो प्रयोग में नहीं आ रहे हैं, उल्टे रखे गए

4. फूलदान, मनी प्लांट, फेंगशुई आदि



- (क) कितने फूलदान, मनी प्लांट, फेंगशुई आदि हैं
- (ख) कितने फूलदान, मनी प्लांट, फेंगशुई आदि का पानी बदला गया

5. बेकार सामान जिसमें पानी भर सकता है। जैसे टायर, टीन, बोटल, प्याला, टूटे बर्तन, नारियल के खोल आदि



- (क) कुल बेकार सामान
- (ख) कितने टायर/बेकार सामान से पानी निकाला गया
- (ग) कितना बेकार सामान जमीन में दबाया गया या निगम ढलाव में फेंका गया

क्या घर की सीढ़ियाँ/रास्ते/छत आदि चेक किये गये तथा साफ किये गये

घर के सामने के भाग को चेक किया गया तथा साफ किया गया

घर के पीछे के भाग/आंगन को चेक किया गया तथा साफ किया गया

पिता/संरक्षक की टिप्पणी व हस्ताक्षर

अध्यापक की टिप्पणी व हस्ताक्षर