



सत्यमेव जयते

Government of Assam



National Health Mission, Assam



STOP MOSQUITO BREEDING

BOTH INSIDE AND OUTSIDE YOUR HOME, TO STAY AWAY FROM DENGUE FEVER.

Dengue is a kind of viral fever.

It is spread by the *Aedes Aegypti* mosquito that bites during the day.

Symptoms of Dengue

- ◆ High fever
- ◆ Joint pain
- ◆ Headache along with muscle pain
- ◆ Pain behind the eyes
- ◆ Vomiting
- ◆ Weakness
- ◆ Red spots on skin
- ◆ Difficulty in breathing

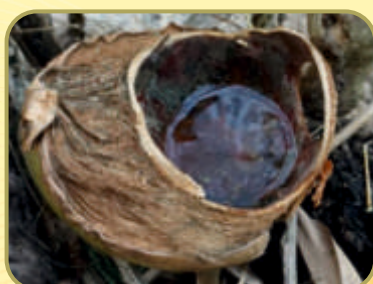
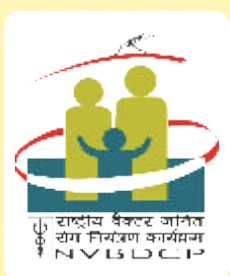
In the critical stages of Dengue, there is bleeding from the mouth, teeth and stomach (blood vomiting).



It has been observed that people from both sex across all age groups are affected by Dengue.

Dengue mosquitoes lay eggs in stagnant water. Generally, this mosquito lays its eggs in water drums, water lying under refrigerators, coolers, flower pots, toilet tanks, waste tyres, waste baskets, stagnant water in coconut shells etc.

☞ These mosquitoes rest in dark corners of a room, on clothes and on umbrellas kept in such rooms.



- ☞ Usually these mosquitoes bite during the day.
- ☞ Use a mosquito net while sleeping, at night and also during the day.
- ☞ Always wear full sleeved shirts and trousers to prevent mosquito bites.
- ☞ To prevent mosquito breeding within the house, let out the stagnant water from the cooler, refrigerator, water tank, containers at least once a week. Use the containers only after it is completely dry. Observe one day a week as a dry day so mosquitoes don't get a chance to lay their eggs.



What to do for prevention from dengue?

1. Treatment of dengue is done based on signs and symptoms of the patient. Therefore, a suspected dengue patient should be sent to the nearest hospital at the earliest.
2. The patient should take sufficient fluids like juice, ORS, dal water etc.
3. Do not take painkillers without consulting a physician.
4. Let out stagnant water from coolers, refrigerators, old used tyres at least once a week.
5. Waste products like coconut shells, plastic glasses/plates etc. must be buried under the mud.
6. Ensure children wear long sleeve shirt and full pants while at play.
7. Smoke the interiors of the house in the evenings by burning coconut husks.
8. Mosquitoes can be controlled with the help of mosquito coils, mosquito repellent incense sticks, liquid vaporizers etc.
9. Burn vegetation or wood outside the house. Smoke from the fire prevents mosquitoes to get inside the house.