

DENGUE & YOU



Dengue fever is marked by the onset of sudden high fever, severe headache and pain behind the eyes, muscles and joints.

Dengue is an acute fever caused by a virus. It occurs in two forms:

1. Dengue Fever
2. Dengue Haemorrhagic Fever

Dengue Haemorrhagic fever (DHF) is a more severe form, in which bleeding and sometimes shock occurs – leading to death.

It is most serious in children.

Symptoms of bleeding usually occur after 3-5 days of fever.

The high fever continues for five to six days (103 – 105°F or 39- 40 °C). It comes down on the third or the fourth day but rises again.

The patient feels much discomfort and is very weak after the illness.

Dengue spreads rapidly and may affect large number of people during an epidemic resulting in reduced work productivity, but most importantly causing the loss of lives.

- Sudden onset of high fever
- Severe headache
- Pain behind the eyes which worsens with eye movement
- Body aches and joint pains
- Nausea or vomiting



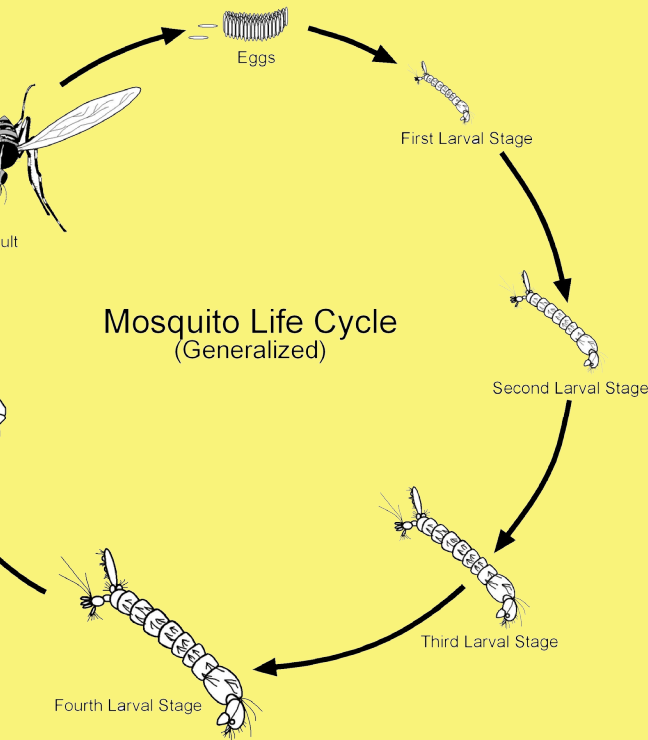
YOU
KNOW
IT'S
DENGUE
FEVER
WHEN
YOU
HAVE:



RECOGNITION OF DENGUE HAEMORRHAGIC FEVER AND SHOCK:

Symptoms similar to dengue fever plus, any one of the following:

- (1) Severe and continuous pain in abdomen;
- (2) Bleeding from the nose, mouth and gums or skin bruising;
- (3) Frequent vomiting with or without blood;
- (4) Black stools, like coal tar;
- (5) Excessive thirst (dry mouth)
- (6) Pale, cold skin
- (7) Restlessness, or sleepiness



How is dengue spread?

Dengue is spread by the bite of an infected *Aedes Aegypti* mosquito. The mosquito gets the virus by biting the infected persons. The first symptoms of the disease occur about 5-7 days after an infected.

TREATMENT

There is no specific medicine for the treatment of the disease. However proper and early treatment can relieve the symptoms and prevent complications and death. Aspirin and Brufen should be avoided in dengue fever, as it is known to increase the bleeding tendency and also it increases the stomach pain. Paracetamol can be given on medical advice. If one or more signs of Dengue Haemorrhagic fever are seen, take the patient to the hospital immediately. Give fluids to drink while transferring the patient to the hospital.



ALWAYS REMEMBER

Persons suspected of having dengue fever or DHF must see a doctor at once. Dengue hemorrhagic fever is a deadly disease and early recognition and treatment can save lives. Unless proper treatment is given promptly, the patient may go into shock and die.

Severe abdominal pains (black stools), bleeding on the skin or from the nose or gums, sweating, cold skin are danger signs. If any one of them is noticed take the patient to a hospital immediately. Give fluids to drink during transfer to the hospital;

Give nutritious food and fluids to drink to the patients;

Dengue mosquitoes bite during the day;

Use mosquito nets and/or mosquito repellent;

Discard objects in which water collects, e.g. tins, cans, coconut shells, etc. Do not allow water to collect in pits around your houses. All stored water containers should be covered all the time. This will prevent breeding of Dengue mosquitoes, and

Doctors and health workers treating cases of dengue fever should also notify the health authorities.