


SAFETY TIPS TO PREVENT DENGUE AT HOME DURING THE MONSOON SEASON

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The Monsoon is upon us, bringing about heavy downpours and thunderstorms. Apart from the rainy weather, there's another fact about Monsoon that we critically need to pay attention to - **the spread of Dengue.**


The Dengue virus typically peaks during early June and July of each year with the onset of Monsoon rains. As the mosquito finds habitat in water puddles, uncleaned drainage etc., it poses a serious threat for people across all age categories.

As of **April 2020**, there have been more than **18,977** cases of Dengue.

Year	Number of Cases
2019	105,049
2018	51,659
2017	186,101
2016	55,150

(Source - <http://www.epid.gov.lk>)

This guideline aims to equip you with knowledge on how to curb the spread of Dengue and protect your loved ones.



SIGNS OF DENGUE FEVER

Initial Signs

- High fever.
- Headache and pain behind the eyes.
- Nausea and vomiting.
- Muscle and joint aches.
- Rashes - different types of rashes (usually diffuse, red patches), may be itchy and appear a few days after the onset of fever.
- A tendency to bleed (such as nose bleed, bleeding gums, or easy bruising).
- Facial flushing.

Sometimes, dengue can be present in a more serious form, known as Dengue Haemorrhagic Fever (DHF) or Dengue Shock Syndrome (DSS), whereby serious complications can occur, resulting in:

Widespread bleeding

Low blood pressure/shock due to bleeding or leaking blood vessels

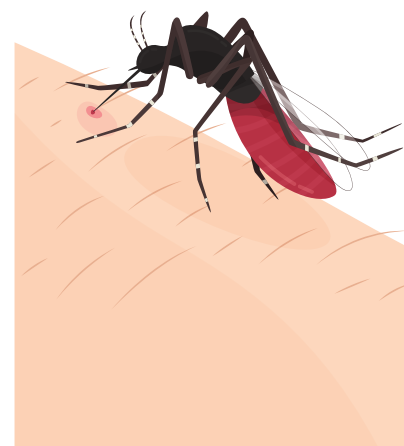
Organ failure (liver, kidney)

WHEN DOES A PATIENT NEED TO GET ADMITTED TO THE HOSPITAL?

- If high fever persists for 3 days.
- If the platelet count drops below 150,000.
- Abdominal pain/vomiting.
- Any evidence of bleeding.
- A general feeling of being unwell. (lethargic, drowsy, breathing difficulties).
- Poor feeding/eating/drinking.
- Cold extremities/chills.

Who spreads dengue?

- The carrier of the dengue virus is a female mosquito called *Aedes aegypti*. This mosquito can fly up to 400 metres looking for water-filled containers to lay their eggs.
- The mosquito becomes infected when it takes the blood of a person infected with the virus.
- That mosquito can then transmit the virus while biting a healthy person.
- The dengue mosquito is a daytime feeder: Its peak biting periods are in the early morning and in the evening before dusk.



HOW DO WE REDUCE THE RISK OF CONTRACTING DENGUE?

Prevention includes reducing mosquito breeding grounds and limiting exposure to bites.

Change water in vases/bowls (including pet water containers) on alternate days.

Remove water from flowerpots on alternate days.

Properly dispose of all possible containers in which water can collect.

Clean gullies and drainage systems regularly.

Properly maintain the garden to prevent mosquitos from laying eggs.

Use personal household protection such as window screens, long-sleeved clothes, insecticide treated materials, mosquito repellents, coils and vaporizers.

Improve community participation and mobilization for sustained mosquito control.



Disclaimer: The guidelines outlined in this document are meant to safeguard you and your loved ones from Dengue. Seek professional advice if you wish to clarify any section of this document or take any action based on this document.

This document has been developed based on the information published on the Asiri Health website.

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