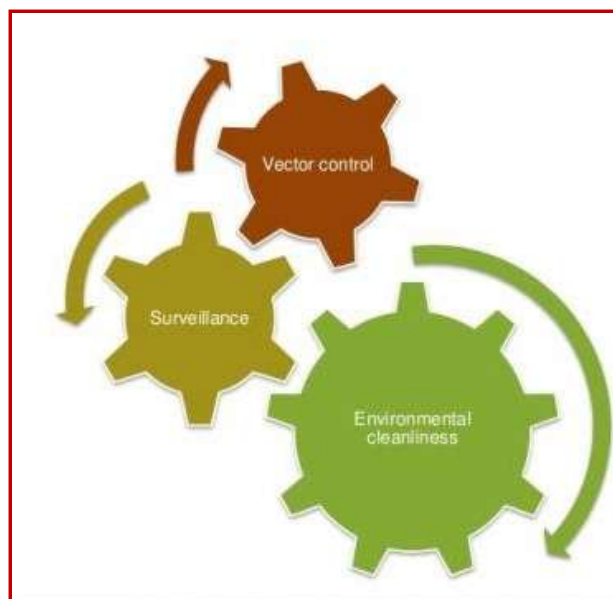


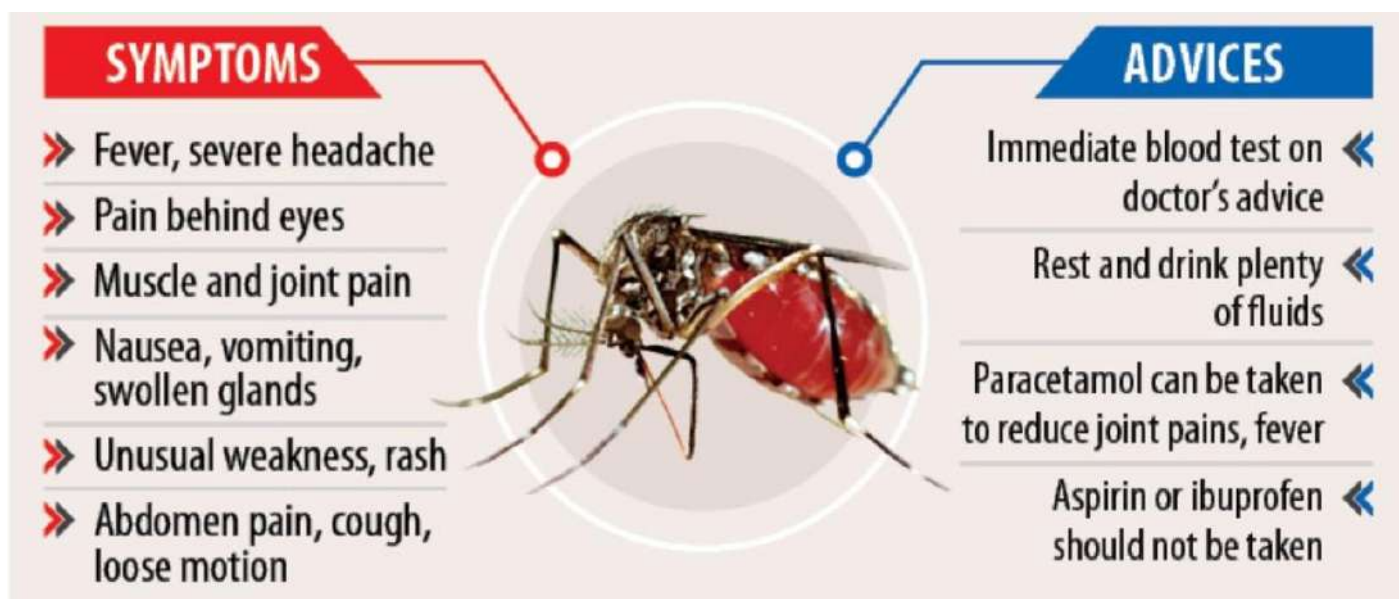
Dengue Awareness and Preventive Measures through Vector Control Mechanism

Dengue is a mosquito borne viral disease, spreading by the bite of an infected mosquito, *Aedes aegypti*. This viral disease is transmitted by mosquitoes and does not spread from human to human. It is common belief that Dengue mosquitoes bite during the day, the highest intensity is about two hours after sunrise and before sunset. There is no vaccine for Dengue Prevention. We can prevent Dengue by taking different measures and improve hygiene levels so as to prevent mosquito-bites and prevent mosquitoes from breeding.



Common Symptoms of Dengue and General Advices

The following diagram highlights the common symptoms of Dengue. Persons having the following symptoms should consult doctor and follow the advices



Precautionary Measures to prevent Dengue (Prevention is Better than Cure)

The most important thing to prevent Dengue is to stop mosquito breeding and their growth at home as well as in the surrounding areas.

➤ Awareness Programme

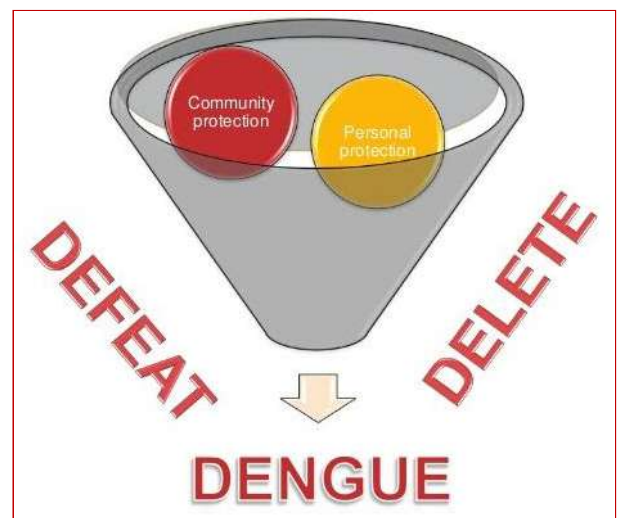
- The most important method to prevent Dengue is to aware common people about the disease and its control mechanism.
- Mass campaign should be made through miking, distribution of leaflets, brochures, organizing seminars among the people on regular basis.
- Use of both print media and electronic media including social networking to aware the people about prevention of Dengue.

➤ Prevention at Home:

- Dengue mosquitos lay their eggs in clear and stagnant water. Accumulated water in household items like, water tub, pet water containers, planter dishes, air-cooler, refrigerator, flower vases can serve as breeding grounds to lay their eggs. Water tub, water tank must be covered properly and empty the container once in a week.
- Keep the home clean and tidy. Remove the garbage/waste materials regularly and do not keep them in open space for prolonged period. Use Trash bins with lead and remove the trash daily.
- Use mosquito nets while sleeping during day time and at night, specifically for the infants, children and the adults.
- Cover most of the parts of your body by wearing long sleeves, cloths, shocks etc., specifically while going out.
- Use screen/net at windows and doors to prevent mosquitoes to enter at room.
- Use standard mosquito repellent to prevent mosquito biting at exposed parts of the body.
- Drain accumulated water completely from roof gutters, pools, fountains, bathtubs etc.

➤ Prevention at neighbouring places

- Spray standards chemicals/bleaching at drains, bushes, and other possible breeding grounds of mosquitoes on regular basis.
- Drain accumulated water regularly from all vulnerable areas like old tires, planters, unused pools, birdbaths, flowerpots, trash containers, water pot etc.
- Clean the area and removing the trash, garbage on regular basis.
- Neat and clean environment stops mosquito breeding and thus we control the disease.



Community awareness, community protection and personal protection can only defeat Dengue

A rectangular box containing a handwritten signature in black ink. The signature is written in a cursive style and reads "Sital Chatterjee".

Principal,
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