



DAV PUBLIC SCHOOL, SECTOR 49,
UPPAL'S SOUTHEND, GURUGRAM
HEALTH BULLETIN - August - 2019
FROM
THE DOCTOR'S DESK

Dear Students,

With the onset of monsoon number of diseases especially mosquito born diseases become rampant.

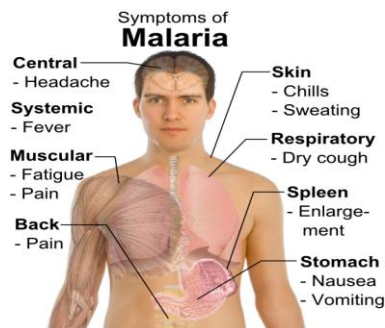
India bears a huge burden of mosquito born diseases, contributing 34% of global dengue and 11% of global malaria cases. Thus, we are celebrating "Beat the Bite" awareness campaign in the school.

Malaria: -

- Malaria is potentially a life threatening parasitic disease caused by Plasmodium parasite.
- It is transmitted by infective bite of Anopheles mosquito.
- Man develops the disease after 10-14 days of being bitten by an infective mosquito.

Symptoms: -

- Fever
- Headache
- Vomiting
- Convulsions
- loss of consciousness



Dengue: - Also called as break bone fever

- Dengue is a viral disease caused by the bite of an infected Aedes aegypti mosquito.
- The mosquito becomes infected when it bites a person with dengue virus in their blood.

Symptoms: -

- Classical dengue – Symptoms begin with high grade fever & chills, head ache, body ache, pain behind eyes and abdominal pain.
- Hemorrhagic dengue – Presents with symptoms of classical dengue along with rashes or bleeding from gums or nose.
- Dengue shock syndrome – All above symptoms are associated with severe dehydration and shock



Chikungunya: -

- It is a viral disease transmitted by infected mosquito Aedes aegypti and Aedes albopictus

Symptoms: - appear 4-7days after the bite of infected mosquito.

- High fever
- Joint Pain (lower back, ankle, knees, wrist).
- Joint swelling
- Rash
- Headache
- Nausea
- Fatigue



Chikungunya is rarely fatal. Symptoms are generally self limiting and last for 3-5 days.

Prevention –

There is no vaccine available.

Prevention is possible either by preventing mosquito bites or by preventing mosquito breeding.

- Wear full sleeves clothes.
- Use mosquito repellent creams, sprays, coils, patches, bands or nets.
- Avoid collection of stagnant water in pots, coolers and ponds.

Do's –

- Use only Paracetamol for fever.
- Take plenty of liquids.
- Adequate rest.
- Monitoring of symptoms.
- Monitoring blood counts regularly.



Don'ts –

- Don't take Asprin/ Brufen.
- Don't wait if above symptoms are present. Consult a doctor immediately.

PREVENTION IS BETTER THAN CURE

