



D.A.V. PUBLIC SCHOOL, SECTOR 48-49,
UPPAL'S SOUTHEND, GURGAON
HEALTH BULLETIN- September -15
FROM
THE DOCTOR'S DESK

Dear students,

Due to the alarming rise in the number of Dengue cases, , in this month's health bulletin we are revisiting Dengue and its prevention.

Dengue is a viral disease caused by the bite of an insect mosquito (*Aedes aegypti*).

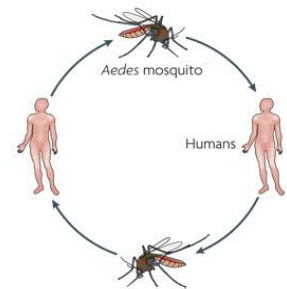
This mosquito is also called as Tiger mosquito because of presence of stripes on legs and wings.

❖ **Special characteristics of this mosquito-**

- Bites during day, more in morning (8-9am) and early evening (5-6pm).
- Found commonly on clean stagnant water.
- Hides in dark places.

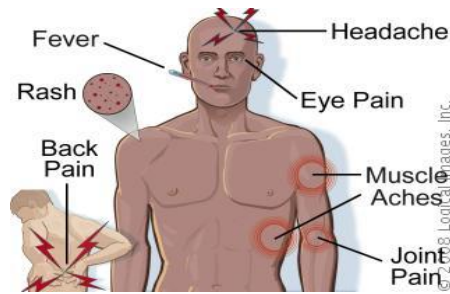
❖ **Disease spread-**

When *Aedes aegypti* mosquito bites an infected dengue person, it sucks blood containing the virus and gets infected. This infected mosquito further spreads the infection by biting other people



❖ **Symptoms-** Dengue can present as-

- **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.



❖ 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, coils, patches or bands and nets.
- Avoid collection of stagnant water in pots, coolers and ponds.

❖ When to visit a doctor –

- High grade fever for more than 2 days.
- Leg cramps.
- Generalised weakness.
- Giddiness

❖ Management –

It requires only symptomatic treatment

• Do's –

1. Use only Paracetamol for fever.
2. Take plenty of liquids.
3. Adequate rest.
4. Monitoring of symptoms.
5. Monitoring blood counts regularly.

• Dont's –

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

PREVENTION IS BETTER THAN CURE

