



D.A.V. PUBLIC SCHOOL, SECTOR 49, GURUGRAM

HEALTH BULLETIN September

FROM THE DOCTOR'S DESK

Dear students,

Health and wellbeing of our students and staff has always been our topmost priority and awareness is the key step in prevention of disease. You all must be aware there is a sudden rise in dengue cases. So this bulletin focuses on Dengue, its symptoms and prevention.

❖ What is Dengue?

Dengue fever is a viral infection caused by the bite of an infected mosquito (*Aedes aegypti*). This mosquito is also called as Tiger mosquito because of the presence of stripes on its 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 fever also called as break bone fever, as it causes severe body ache. 75% of people with dengue fever may not experience symptoms.

• Mild symptoms –

- Sudden fever ($>100^{\circ}\text{F}$)
- Associated with head ache, rash, nausea, muscle & joint pain.
- Pain behind eyes, red eyes.
- Symptoms may last 2-7 days.

• Severe symptoms – Very few people develop severe symptoms -

- High Grade fever.
- Persistent vomiting.
- Rash.

- Fall in BP.
- Excessive weakness.
- Mucosal bleeding.

❖ **Warning signs**

- Abdominal pain
- Persistent vomiting
- Mucosal bleeding
- Lethargy/ excessive weakness
- Alteration in laboratory findings

❖ **When to visit a doctor –** Early identification and treatment can help in managing symptoms and prevention of fatalities.

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

❖ **Prevention –**

There is no vaccine available.

Prevention is possible either by preventing mosquito bites(self-prevention) or by preventing mosquito breeding(vector control).

- Cover the child properly (wear full sleeves clothes, avoid wearing tight clothes)
- Include immunity boosting foods like yoghurt, ginger, almonds, sprouts, citrus fruits etc...
- Use mosquito repellent creams, coils, patches, bands or nets.
- Keep indoor safe –
- Use screens on doors and windows.
- Avoid collection of stagnant water inside homes in pots/ utensils/ coolers etc.
- Add petrol/ kerosene oil in stagnant water only if needed.

❖ **Management –**

Avoid self-treatment, always consult Doctor.

- Use only Paracetamol for fever.
- Take plenty of liquids.
- Adequate rest.
- Take Nutritious diet.
- Monitoring of symptoms and laboratory investigations.

PREVENTION IS BETTER THAN CURE