

How can you protect yourself against Dengue?

To reduce your risk of getting Dengue Fever:

- Get rid of the breeding places of mosquitoes in and around the home
- Cover all water tanks, barrels, drums and storage containers with tightly fitting covers, or with fine wire mesh – eighteen squares to the inch.
- Empty and scrub flower pot saucers and vases at least once every week to destroy mosquito eggs. The eggs of the *Aedes aegypti* mosquito can withstand drying for months, but hatch within hours of coming in contact with water.
- Cut down and remove all overgrown bush likely to harbour mosquitoes.
- Keep guttering clear of leaves and other debris.
- Get rid of discarded items like bottles, tins, coconut shells and other unwanted containers that can hold water and breed mosquitoes.

Know the Signs of Dengue.
Seek Help Early.
Stop Dengue at the Source.



For the latest information visit our website @
www.health.gov.tt

YOU CAN HELP STOP THE SPREAD OF DENGUE!



Government of the Republic of Trinidad and Tobago
MINISTRY OF HEALTH
Health Education Division



PROTECTING YOURSELF AGAINST DENGUE!

DENGUE FEVER



What is Dengue Fever?

Dengue Fever is a disease caused by one of four closely related viruses carried by the Aedes aegypti mosquito. The virus is spread from person to person by the bite of an infected Aedes aegypti mosquito.

What are the signs and symptoms of Dengue Fever?

Signs and symptoms include **High Fever** along with any two of the following:

- ⇒ Pain behind the eyes
 - ⇒ Vomiting and abdominal pain
 - ⇒ Muscle and joint pain
 - ⇒ Headache (sometimes severe)
 - ⇒ Skin rash
- In some cases signs of bleeding may be seen including bleeding from the nose, gum or under the skin.

Dengue Fever symptoms appear within 5-6 days of being bitten by an infected mosquito and can last for 1-2 weeks.

What should you do if you think you have Dengue?

If you think you have Dengue, you should see your doctor or go to the nearest health centre. You will be prescribed medicines and given guidance to reduce the fever, and treat other symptoms as necessary.

These simple steps will also help you recover from Dengue:

- Take **ONLY** those medicines prescribed by the doctor
- Rest
- Drink plenty of fluids such as milk, fruit juice and oral rehydration fluids.

Important

If you have any sign or symptom of Dengue Fever
**DO NOT USE Aspirin, Motrin, Cataflam,
Olfen or Ibuprofen.**

These can cause bleeding which leads to shock.

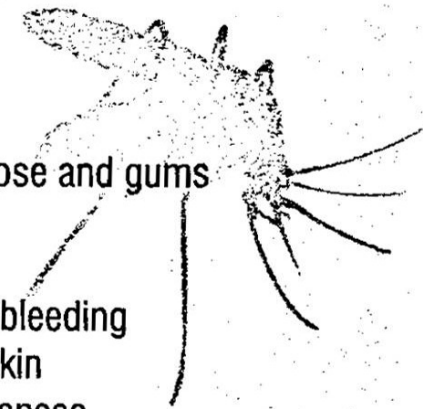
**You can use Paracetamol or
Acetaminophen such as Panadol/Tylenol**

Sometimes Dengue Haemorrhagic Fever, a serious complication of Dengue Fever, can develop. Warning signs that the illness is getting worse tend to develop around the time the fever breaks (about 3-7 days after symptoms started).

What are some warning signs of Dengue

Haemorrhagic Fever? Warning signs include those associated with Dengue, as well as:

- Severe pain in the abdomen
- Persistent vomiting
- Bleeding
 - ⇒ Bleeding from the nose and gums
 - ⇒ Vomiting blood
 - ⇒ Black sticky stool
 - ⇒ Unexpected vaginal bleeding
 - ⇒ Bleeding under the skin
- Confusion, drowsiness, restlessness
- Feeling too weak to move around
- Unable to drink.



Take the patient to a health facility or emergency room immediately, if any of these warning signs develop.

STOP

DENGUE

FEVER NOW!

GET RID OF MOSQUITO BREEDING PLACES IN AND AROUND YOUR HOMES



Containers



Clogged guttering



Coconut shells



Clogged drains



Uncovered drums



Abandoned fish ponds



Tyres



Garbage



Buckets



Pots with saucers



Plants which collect water between leaves



Swimming pool cover



Uncovered Water tanks



Derelict vehicle



Water Garden



Garden tool with water



Bird baths



Tarps use to cover unwanted items



Brick holes-in ground & open brick holes on fencing walls



Possible breeding sites



Discarded containers



Tins

Children's pool not in use



Dengue Fever is a dangerous disease transmitted by the bite of an infected mosquito - the *Aedes aegypti*.

Dengue Fever Signs and Symptoms:

- Abrupt onset of fever
- Loss of a sense of taste and appetite
- Headache mostly to the front of the head
- Muscles, joint and back pains
- Pain behind the eyes
- Measles-like rash-chest and upper limbs
- Nausea
 - Vomiting

The Dengue Fever mosquito (the *Aedes aegypti*) prefers to lay her eggs in any container found holding clean, clear, standing water within and around the house.

The spread of dengue fever



Mosquito becomes infected with the virus when it takes a blood meal from a person with Dengue Fever.



Infected mosquito (with virus) bites and passes the virus to other people.

Dengue Fever Cure

THERE IS NO CURE OR VACCINE FOR DENGUE. But you can prevent Dengue Fever by:

1. Eliminating mosquito breeding places & covering all water storage containers.
2. Making use of: Mosquito coils - Mosquito nets
 - Repellants - Insect spays - Screens
3. Keeping your surrounding free of bushes.
4. Protecting Dengue patients from being bitten by mosquitos.

WARNING!!!

If you think you have Dengue Fever **DO NOT USE ASPIRIN, CATAFLAM, OLFEN, IBUPROFEN, MOTRIN OR DICLOFENAC. SEEK PROMPT MEDICAL ATTENTION !!!**