

Six simple strategies

to prevent *Aedes* mosquito breeding in your surroundings.

Cover **Cover all water storage containers TIGHTLY**

Keep
containers dry **Keep containers dry** by:

- storing under a roof,
- checking and emptying regularly,
- turning upside down

Clean **Empty and scrub**

- flower vases, refrigerator troughs, pet feeding pans, etc - *at least twice weekly*
- water storage containers - *every time water is changed*

Fill **Fill containers like flower vases and tree holes with soil or sand**

Punch
Holes **Punch holes in tins and other containers to allow water to drain out.**

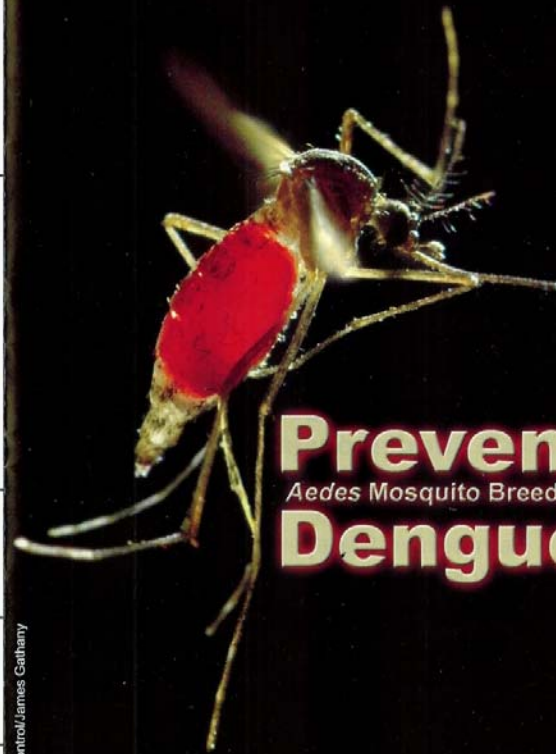
Recycle/ Dispose **Get rid of old tyres, plastic containers, coconut shells, used cans, and anything else that you are not using that water can settle in**



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Photographs courtesy of Centers for Disease Control/James Gathany



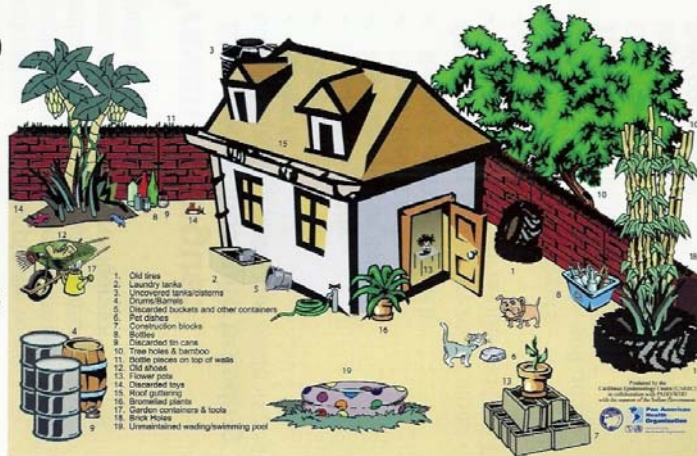
Prevent
Aedes Mosquito Breeding
Dengue

Without containers there is
NO Aedes MOSQUITO

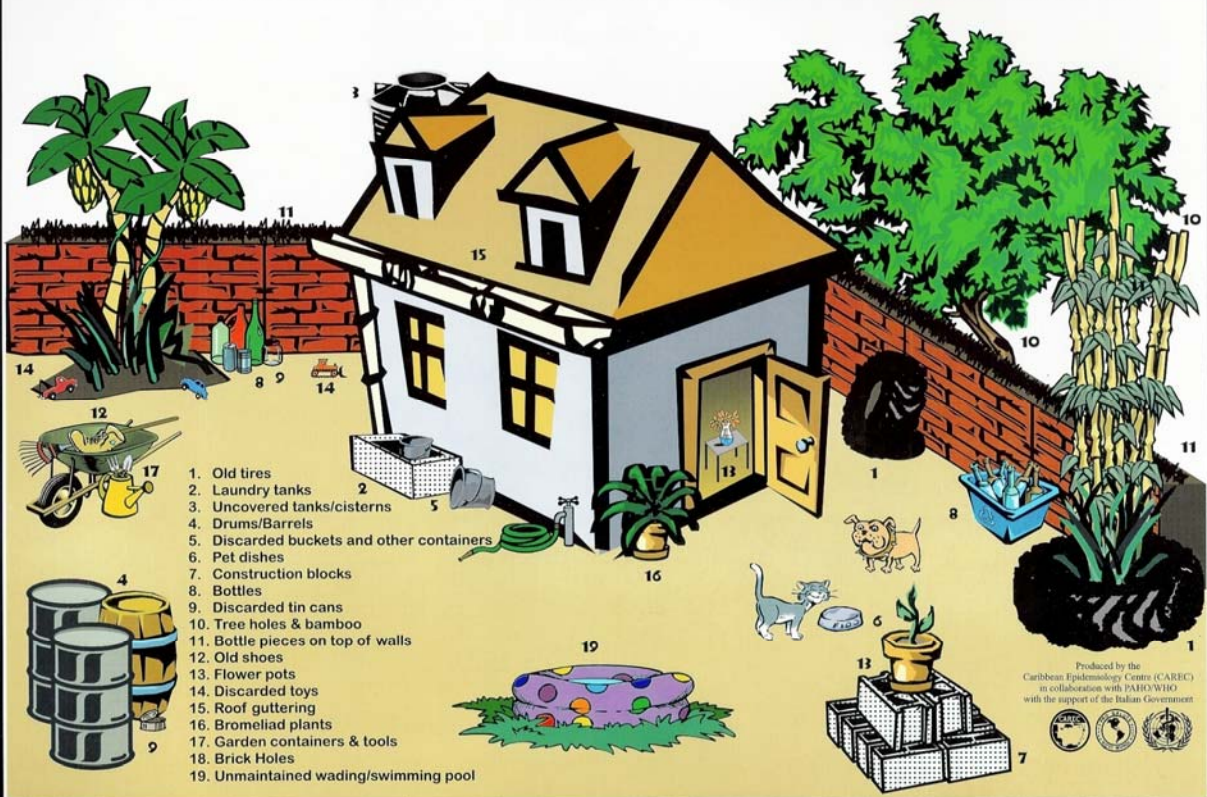
Without *Aedes* mosquitoes
there is **NO DENGUE**

Get rid of breeding sites
in your surroundings.

The variety of breeding places of the Dengue mosquito in your surroundings



The variety of breeding places of the Dengue mosquito in your surroundings



Without containers there is no mosquito; without mosquitoes there is no Dengue.
Get rid of breeding places in your surroundings.

Dengue is an infection caused by a virus spread by the bite of an infected *Aedes* mosquito. There are four dengue viruses - called Dengue Type 1, 2, 3, and 4. You can only be infected with each "type" once in your lifetime. When infected with a dengue virus you may develop:

- **Dengue Fever** or
- **Dengue Haemorrhagic Fever**

Dengue Haemorrhagic Fever is the more severe form of Dengue. Children, as well as persons who have had Dengue before, are more likely to get Dengue Haemorrhagic Fever.

Dengue Fever is a

severe illness that affects both children and adults, but, rarely causes death. Common symptoms include **sudden onset**

of high fever with:

- Severe headache
- Pain behind the eyes
- Muscle pains
- Bone or joint pains
- Skin rash
- Vomiting or 'feeling to vomit'



What to do!

If you feel you have Dengue Fever:

- **Visit your health centre or doctor** and follow instructions given carefully
- Rest
- Drink lots of fluids
- **Use Paracetamol pain killers ONLY**
- **DO NOT TAKE** other pain killers, such as Aspirin, as they may increase your risk of bleeding.

Dengue Haemorrhagic Fever is the form of dengue which often causes death.



Persons with **Dengue Haemorrhagic Fever** may have all the symptoms of Dengue Fever in addition to:

- Severe and continuous stomach pains
- Pale, cold, clammy skin
- Bleeding from the nose, mouth and/or gums
- Skin bruising
- Frequent vomiting (with or without blood)
- Difficulty in breathing
- Fainting

These complications usually start after the fever goes down. In severe cases, patients go into "shock" called Dengue Shock Syndrome.

What to do!

If you feel you have Dengue Haemorrhagic Fever:

GO TO the nearest HOSPITAL IMMEDIATELY



Dengue is spread when a female *Aedes* mosquito bites an infected person and then bites other people. This mosquito will breed in any container where water is allowed to settle. These containers are often found in and around homes, schools, workplaces, and other places where people gather. Examples of these containers are flower vases, drums, tins, tyres, coconut shells, refrigerator troughs, plastic bags.

Prevent Dengue:

- **Stop *Aedes* mosquito breeding**
Look for anything water can settle in and
 - ✓ **Cover** it
 - ✓ **Keep** it dry
 - ✓ **Clean** it regularly
 - ✓ **Fill** it with soil or sand
 - ✓ **Punch Holes** in it
 - ✓ **Recycle** or **Dispose** of it
- **Avoid being bitten** by mosquitoes
 - ✓ Use insect repellent containing DEET
 - ✓ Use mosquito nets
 - ✓ Use mosquito destroyers
 - ✓ Put screens on windows and doors
- **Take community action**
Community members **MUST** work together to prevent *Aedes* breeding in their community.