



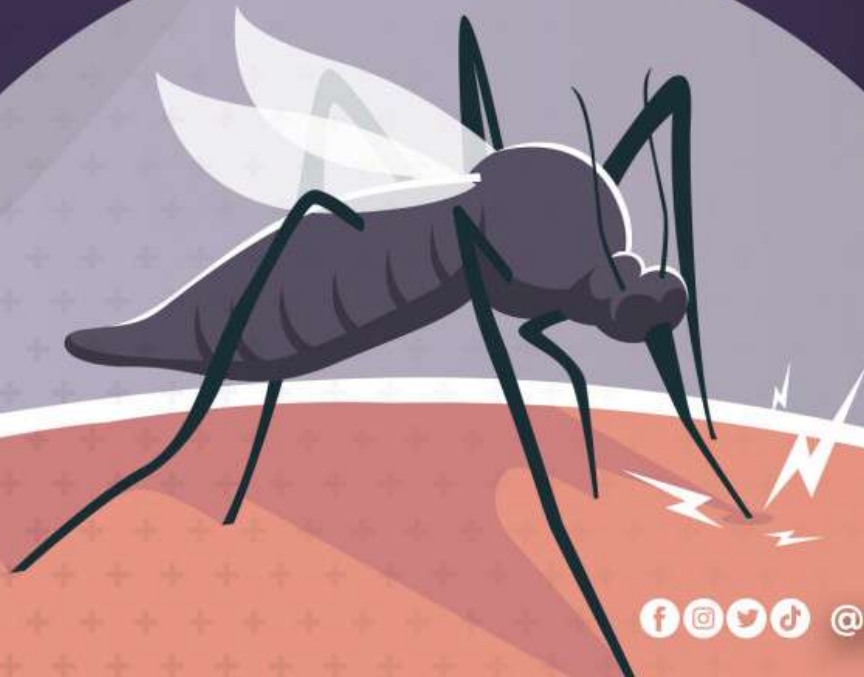
MINISTRY OF
HEALTH &
WELLNESS



DENGUE ALERT

Severe Dengue

On rare occasions the illness can progress to **Severe Dengue**, which can affect several organ systems resulting in bleeding (haemorrhage), and severe fluid depletion that can lead to shock and death.



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DENGUE ALERT

Dengue Strains

There are four strains of Dengue, characterized as Dengue 1, 2 3 and 4 and every case of Dengue can be severe and life-threatening.

Persons can get dengue up to four times and the effects can be greater each time.





DENGUE ALERT

Protection from Dengue

- ✔ Monitor water storage containers for mosquito breeding
- ✔ Keep surroundings free of debris
- ✔ Destroy/treat potential mosquito breeding sites
- ✔ Wear protective clothing
- ✔ Use a DEET-containing mosquito repellent
- ✔ Stay indoors at dusk with windows and doors closed.





DENGUE ALERT

Breeding Sites

The *Aedes aegypti* mosquito breeds in any containerized environment; that is in anything that can hold water.

Some of the common breeding sites for the *Aedes aegypti* mosquito are:



Drums



Tyres



Buckets



Animal
feeding
containers



DENGUE ALERT

Treatment for Dengue

Dengue fever is a **mosquito-borne** disease that is usually a mild illness in which a person may get a fever, headache, joint, and muscle pains.



Rest and adequate **hydration** are usually enough to see one through the period of illness.

The recommended treatment for the fever is acetaminophen/paracetamol.



DENGUE ALERT

Medication for Dengue

If you have Dengue, **DO NOT** use aspirin, diclofenac, ibuprofen, or any of the medications/pain relievers known as non-steroidal anti-inflammatory drugs (NSAIDs).

These drugs, when used to treat the fever in dengue, have been known to increase the severity of the disease.

