

# Raising Awareness About Dengue Fever

## General Facts

Some types of mosquitoes transmit diseases such as Malaria, Dengue fever, Zika, Chikungunya, Yellow fever.

Mosquitoes can bite both during the day and at night.

The incubation period of the disease ranges from 4 to 10 days after the mosquito bite, where the symptoms start out mild with fever and pain, and can then progress to more severe symptoms such as skin rash and bleeding.

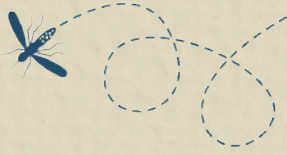
## What to Know about Dengue

- A viral infection caused by the dengue virus.
- Transmitted to humans through the bite of infected mosquitoes.
- About half of the world's population is now at risk of dengue.

## Dengue Fever Symptoms

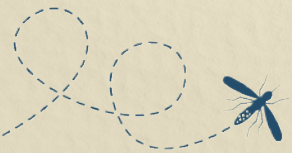
- High fever.
- Severe headache.
- Pain behind the eyes.
- Muscle and joint pains.
- Skin rash or bruises.
- Nausea and vomiting.
- Minor bleeding (from the nose or mouth).
- Swollen glands.





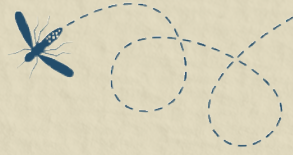
## Preventing mosquitoes in industrial and construction sites

- Ensuring proper water drainage.
- Using approved insecticides to control mosquito spread in industrial areas.
- Sealing containers to prevent water accumulation.
- Covering pits and foundations that could collect water and provide breeding environments for mosquitoes.
- Wearing long-sleeved shirts and trousers to minimise exposure.



## Prevention of Mosquito Bites

- Eliminate mosquito breeding sites, such as water containers inside or outside the home.
- Cover, drain, and clean water tanks and containers weekly, including water in indoor plant pots.
- Use insect repellent creams inside and outside the home.
- Maintain cleanliness in the home, especially in damp areas like the kitchen and bathrooms, and dispose of garbage regularly.
- Wear long clothes that cover as much of your body as possible.
- Use window and door screens to prevent mosquitoes from entering.
- Avoid transporting plants and seedlings from outside the country.
- Use ready-made insecticides available in retail stores to kill flying insects.



## Health Precautions for Managing Fever

**If you have a fever it is important to do the following**

- Rest.
- Stay hydrated.
- Use paracetamol to reduce pain.
- Avoid non-steroidal anti-inflammatory drugs, like ibuprofen and aspirin.
- Watch for severe symptoms and contact your doctor as soon as possible if you notice any

