National Vector Borne Disease Control Programme
(Directorate of Health and Family Welfare Services)

Puducherry

DENGUE PREVENTION & AWARENESS GUIDE
FOR SCHOOL STUDENTS

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**DENGUE**

Dengue is a killer viral fever, spread in the family and community by the bites of Dengue Mosquito – *Aedes* mosquitoes. This is also known as break-bone fever. Dengue is caused by four types of viruses, DEN-1, DEN-2, DEN-3, and DEN-4 through the bite of infected female Aedes mosquitoes.

Symptoms usually last for 2-7 days, after an incubation period of 4-10 days after the bite from an infected mosquito.

1. Abrupt onset of high fever.
2. Severe frontal head ache.
3. Pain Behind the eyes which worsens with eye movement.
4. Muscle and Joint pains.
5. Loss of sense of taste and appetite.
6. Measles-like rash over chest and upper limbs.

There is no specific treatment and vaccine available as such. Therefore, symptomatic treatment and case management is only way.

- Don’t be panicky as dengue is a self limiting disease.
- Patient should be given lot of fluids and liquid food.
- The patient should be advised to take rest under mosquito net, avoid movements and should take rest till the recovery is over (3-8days).
- In any fever in the dengue season (monsoon season – September to November) get treatment under hospital/medical facility. Use paracetamol tablets for fever and body ache.
- Consult doctor and get proper diagnosis at the earliest for appropriate care.

Dengue Mosquitoes breeds in clean water collections of containers/receptacles thrown in and around houses, improperly closed water storage containers, window sunshades, water drainer in the fridge, water in the air coolers, saucer plates below the potted plants, bird water container, tyres in open spaces, unused utensils/materials stored in open terraces, water collection in the construction sites, garbage dumps in vacant plots, containers floating on the drains/canals and all rainfed containers in and around the houses.
Dengue is spread by the bite of female Aedes mosquitoes in the community. The prevention and control of dengue spread is achieved only by source reduction – removal/elimination of dengue mosquito breeding places in and around the houses, keeping all water storage containers dry once in a week. Fogging - an adult mosquito control measure is used only during dengue outbreak and not a regular mosquito control method.

Dengue mosquito is a daytime biter. Prevention of mosquito bite during daytime is important – wearing full sleeved clothes, shoes and applying mosquito repellents.

Dengue is tested and treated at General Hospital, Puducherry, JIPMER, Gorimedu, Govt. Medical College, Kathirkamam, Govt. Children Hospital, Ellapillaichavady and General Hospital, Karaikal at free of cost.

Dengue prevention is everyone’s concern.

Advisory to Schools and School students:

1. Dengue Surveillance Committee to be formed for each school.
2. The committee headed by NSS teacher/NCC Teacher/NGC Teacher/PET/Art/Music/Dance Teacher/ Teacher nominated by Head of the School and one Student ambassador.
3. Student ambassador organizes weekly dry day/Source reduction in school once a week (preferably Friday) as guided by the Head of school.
4. Dengue Surveillance Committee organizes source reduction programmes/Awareness in the nearby locality of school once in a week.
5. Brief talk for awareness creation in the prayer assembly about mosquito breeding places and spread of dengue once in week.
6. Dengue pledge during morning assembly prayers daily.
‘Do’s and Don’ts for dengue prevention and control.

Do’s
• Keep all the water containers/overhead tanks etc. properly covered.
• Keep Dry all containers in house, offices, factories, schools etc. once a week. Observe a weekly dry day.
• Add two table-spoons of Petrol/kerosene oil in containers, uncovered/improperly covered tanks etc. If they can’t be dried weekly.
• Use mosquito repellants on exposed parts during daytime to prevent mosquito bites.
• Wear full sleeved clothes and long dresses/trousers that cover arms and legs, especially during dengue season (September-November) to prevent mosquito bite.
• Use mesh doors/ windows, mosquito coils, vapour mats etc. to keep mosquito away.
• Use bed nets even during day time especially for infants and small children.
• Protect dengue patients from mosquito bites by any of above methods.
• Weekly anti-larval measures in an around construction sites where there are water collections.
• Ensure that there is no water logging on the roof top, in the ground areas around the schools and there is no broken furniture in open space.

Don’ts
• Don’t let water to collect in and around houses, offices, schools, factories etc.
• Don’t let broken earthenware, bottles, pots, flower vase etc. to collect outside or on roof tops.
• Don’t leave water in air cooler when not in use.
• Don’t store water uncovered or in not properly covered containers/tanks.
• Don’t store tyres outside in workshops, godowns etc.
• Don’t give aspirin/brufen to patients with dengue fever.
DENGUE PLEDGE

I, HEREBY AFFIRM THAT, I WILL KEEP MY HOUSE AND SURROUNDING CLEAN AND WITHOUT WATER STAGNATION. KEEP IT FREE FROM TYRES, COCONUT SHELLS, BROKEN EARTHERN POTS, PLASTIC DISPOSABLE CUPS AND OTHER MATERIALS AND REMOVE THEM ALL.

I WILL KEEP ALL WATER STORING POTS, CEMENT TANKS AND DRUMS TIGHTLY CLOSED, SCRUB THE CONTAINERS ONCE IN A WEEK, TO PREVENT MOSQUITO BREEDING.

I WILL SHARE THIS MESSAGE TO MY FRIENDS, FAMILY AND NEIGHBOURS AND PREVENT AEDES MOSQUITO BREEDING AND DENGUE FEVER FROM COMMUNITY. I SOLEMNLY AFFIRM THAT, I WILL COOPERATE IN ALL THE ANTI MOSQUITO ACTIVITIES CARRIEDOUT BY THE GOVERNMENT.
Prevent dengue mosquito breeding places, for Dengue free Puducherry!