



**HUSSAIN MEMORIAL MATRIC. HR.
SEC. SCHOOL**
Krishnapuram, Ambattur, Chennai – 600053

Circular No. 030/Dengue Fever/2022-23

DENGUE FEVER

Introduction

1. *Proper awareness of Dengue Fever, its signs and symptoms and preventive measures will ensure that your family and those around you are properly protected and the right medical advice is sought.*
2. *This circular is a compilation of useful information from various reliable sources and is being circulated to you for your information.*

What is Dengue Fever?

3. *Dengue fever is a mosquito borne infectious disease caused by the dengue virus which is spread by the Aedes mosquito found in tropical and subtropical regions, like India.*
4. *Dengue is a serious infection especially among children and generally occurs during the months of September to November each year in Chennai and adjoining areas.*

How is Dengue Spread?

5. *Dengue is transmitted by a bite from the Aedes mosquito. Only the Aedes female mosquito transmits the Dengue virus.*
6. *Please note that the female Aedes mosquito is a daytime biter, both inside and outside the house and is most active in the early hours after sunrise and before sunset. The life span of the Aedes mosquito is three to four weeks and during this period it keeps infecting human beings.*

7. *The Aedes mosquito breeds in stagnant water and usually bites during the day light hours.*
8. *Dengue is very rarely spread through person to person contact. Usually, the disease is spread when a mosquito bites an infected person and becomes a carrier or if an infected mosquito bites another person.*

Signs and Symptoms

9. *The virus usually circulates in the blood of an infected human for 2 to 7 days which is known as the incubation period. However, the symptoms may typically develop between 2 to 4 days.*
10. *The signs may include all or a few of the following symptoms:-*
 - a) *High fever for over 2 / 3 days.*
 - b) *Intense head ache and muscle and joint pain.*
 - c) *Pain behind the eye.*
 - d) *Loss of appetite.*
 - e) *Vomiting and diarrhoea.*
 - f) *Skin rash similar to measles.*
 - g) *Bleeding usually from the nose or gums.*
11. *In case of any of the above symptoms promptly consult a qualified doctor for advice and take medication as advised by the doctor. Do not resort to taking pain killers or any other medicine till you consult the doctor.*

Preventive Measures

12. *There is no vaccine to prevent human beings from this virus. It is therefore necessary that stress is paid to the cleanliness of*

environment around you and personal protection from mosquito bites.

13. **Management of the Environment around you.** *The following measures must be taken to ensure that the surroundings around you are maintained, especially,*

- a) No stagnant water is allowed to be present / accumulate.*
- b) That all artificial water containers, tyres, plastic cups, coconut shells, plastic bottles, broken pots etc., are removed or the water in it is drained out.*
- c) The overhead water or open tanks must be kept covered at all times.*
- d) Make use of fly /mosquito proofing on doors and windows.*
- e) Keep the doors and windows shut at sunrise and sunset as that is when the mosquitos are very active.*
- f) Regularly do fogging / spraying chemicals inside and outside your house to knock down mosquito. An Aedes mosquito can travel to about 200 metres.*
- g) Use anti mosquito repellents like Odomos, Goodnight, Mosquito coils and mosquito nets.*

14. **Personal Protection from Mosquito Bites.** *The following measures will ensure that you are personally not exposed to mosquitoes.*

- a) Avoid going out doors at Sunrise and Sunset when mosquitoes are very active.*
- b) Cover yourself up, especially hands and legs so that you are not bitten by mosquitoes.*

- c) Use mosquito repellent cream on your skin.*
- d) Use mosquito nets.*
- e) Avoid dark / cool spots in the house as mosquitoes generally settle in these areas.*
- f) Avoid areas where there is stagnant water.*

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Hussain Memorial Matric. Hr. Sec. School