How to Prevent DENGUE Fever
DID YOU KNOW?

**DENGUE IS A KILLER DISEASE,**
if not prevented and not immediately treated.

WHAT IS DENGUE ???

It is a severe infectious disease caused by four closely related viruses and transmitted by the bite of the *female Aedes Aegypti* mosquito.

DANGER!!!

**DENGUE HEMORRHAGIC FEVER**
(dengue fever with signs and symptoms of bleeding) is a leading cause of serious illness and death among children in Asian countries.
Is there a cure for dengue?

There is no specific treatment for dengue, but appropriate medical care frequently saves the lives of patients with the more serious dengue hemorrhagic fever.

PREVENTION ALERT!!!

According to the World Health Organization (WHO), the only way to prevent transmission of dengue virus is to fight disease - carrying mosquitoes.

FACTS YOU SHOULD KNOW

- The World Health Organization (WHO) warned that dengue continues to savage the earth’s population because of CLIMATE CHANGE.

- Changes in temperature and rainfall create good breeding sites for Aedes Aegypti Mosquitoes.
TRIVIA:
About two-fifths (2/5) or 40% of the world's population are now at risk of getting sick of dengue.

How Can You Get Sick with Dengue Virus?
Dengue viruses are transmitted by the bite of an infected Aedes mosquito.

Aedes mosquito species have adapted well to human habitation, often breeding around dwellings with small amounts of stagnant water usually found in old tires or other small containers.

FOR YOUR INFORMATION:
Female Aedes mosquitoes are daytime feeders. They inflict a mild bite and are easily disturbed during a blood meal, causing them to move on to finish a meal on another individual, making them efficient vectors.
How would you know it's Dengue ???

Here are the telling signs and symptoms:

• **Fever** that usually begins four to seven days after you've been bitten by a dengue virus carrying mosquito.

• **Signs and symptoms** vary, depending on the type of the disease.

• **More severe type** of the disease usually begin the same way as the mild form (dengue fever) and then become worse after several days.
Let’s Be Specific! From less severe to the most severe form of Dengue:

A. Signs and symptoms of dengue fever:

- High fever, up to 105°F or 40.5°C
- A rash over most of the body, which may subside after a couple of days and then reappear.
- Severe headache, backache or both
- Pain behind the eyes
- Severe joint and muscle pain
- Nausea and vomiting

- Dengue fever rarely causes death, and symptoms usually get better after five to seven days.
B. Dengue hemorrhagic fever - a more severe type of the disease can cause:

- **S**ignificant damage to blood and lymph vessels

- **A** decrease in the number of blood cells that makes blood clot (platelets)

- **B**leeding from the nose, mouth and under the skin creating the appearance of bruising

- **V**omiting of coffee-colored materials

- **D**ark-colored stools
C. Dengue shock syndrome—The MOST SEVERE TYPE of the disease may also cause:

- **Blood Vessel fluid (plasma) leakage**
- **Profuse bleeding**
- **A sudden drop in blood pressure**
- **Death**
These signs and symptoms usually appear between the THIRD and SEVENTH DAY OF ILLNESS, after fever has improved. They may be followed by SEVERE ABDOMINAL PAIN, FREQUENT VOMITING and DISORIENTATION.

Two (2) percent of those with a severe type of dengue die. Supportive hospital care decreases cases of death due to dengue.
4-S AGAINST DENGUE

- S1-SEARCH and DESTROY

Clean all possible mosquito breeding places like flower vases, dish drains, old tires, roof gutters and used cans where water can pool or accumulate.

You may wish to include specific activity such as more frequent checks of possible mosquito breeding sites.

Stimulate community participation to conduct environmental sanitation such as clean up drive.

How to Eliminate Mosquito Breeding Sites:

- Cover water drums and water pails at all times to prevent mosquitoes from breeding.
• Replace water in flower vases once a week.

• Clean all water containers once a week. Scrub the sides well to remove eggs of mosquitoes sticking to the sides.

• Clean gutters of leaves and debris so that rain water will not collect as breeding places of mosquitoes.

• Old tires used as roof support should be punctured or cut to avoid accumulation of water.
Collect and dispose all unusable tin cans, jars, bottles and other items that can collect and hold water.

**S2 - SELF-PROTECTION MEASURES**

- Use personal protective measures such as **mosquito repellents** on skin and clothing.
- Avoid heavily populated residential areas.
- When outdoors during times that mosquitoes are biting, wear long-sleeved shirts and long pants and tucked into socks.
- When indoors, stay in air-conditioned rooms or in places protected by screens and use bed nets when sleeping in unscreened areas.
S3- SEEK EARLY CONSULTATION

Watch out for principal symptoms of dengue, for fever, take paracetamol and take Oral rehydrating solution. On the third day of fever or have skin rashes or have symptoms of bleeding, consult a doctor or nearest health center or hospital.

Inform Red Cross 143 Team Leader for proper monitoring and reporting of the suspected dengue cases in your community.

How to prepare ORESOL?
Homemade ORS composed of 1 teaspoon of salt, 8 teaspoons of sugar mix to 1 liter of water.

Group Activity
- Ask the participants to demonstrate on how to prepare homemade ORESOL.

S4- SAY NO TO INDISCRIMINATE FOGGING

Fogging is only advisable and recommended when outbreaks and epidemics are positively determined in a particular area.
**ACTIVITY:**

- The RC 143 Health Team will ask to form at least 3 members per group. Facilitate group discussion by allowing them to think of all possible mosquito breeding sites within their community.

- Ask each member to look at the surroundings and ask if there is a positive mosquito breeding sites.

- Allow the participants to identify three ways to prevent the breeding of mosquito in their community.

---

Do you see a vase with water, an old tire sitting on the roof, open bottles/ cans/ plastic containers, child sleeping with open windows/ doors without screens, etc?
1. Together with your RC 143 Community Health Volunteers, coordinate with the key leaders and work with the community members to identify and locate areas which will require clean-up drive. (Choose areas with known clustering of dengue cases).

2. Help organize activities on the designated clean-up days, at least once a week.
3. Gather and agree to conduct a clean-up on certain day of the week per identified area. The more the merrier, the bigger the area that will be covered and faster the work can be done.

4. Search all areas where mosquitoes may breed and throw or change the water.

5. Do this regularly.

6. You may do a contest of the DENGUE-FREE BARANGAY.
Let's play a game?! Here's how...

Arrange these scrambled letters to form a correct word:

1. NGUEDE REVFE
2. SOTQIUOM
3. NETMARTET
4. OLBDO SCLEL
5. ROVTEC
6. MYTSPOM
7. LATNERLEP
8. NOEB-RESHURC
9. LODOB SUPERERS
10. SAENUA DAN OGINTVM

D.E.N.G.U.E. Stands for

D - Daily monitoring of patient's status

E - Encourage intake of oral fluids like oresol, water, juices, etc.

N - Note any dengue warning signs like persistent vomiting and bleeding

G - Give paracetamol for fever and NOT aspirin, because aspirin induces bleeding

U - Use mosquito nets

E - Early consultation is advised for any warning signs
STOP DENGUE

LIVE CLEAN

CLEAR OUT ALL MOSQUITO BREEDING GROUNDS

OLD TIRES, JARS, CANS, BOTTLES
GUTTERS, DRAINAGE
COVER ALL WATER VESSELS
REPLACE WATER IN VASES

FOR ANY SIGNS OF DENGUE
CONSULT A DOCTOR OR THE NEAREST HEALTH CLINIC
Published & Distributed by:

PHILIPPINE RED CROSS

In cooperation with:

Finnish Red Cross

For more information, contact:

PHILIPPINE RED CROSS
National Headquarters
Bonifacio Drive, Port Area, Manila
(632) 527-0000 / 143
www.redcross.org.ph

or contact your local Red Cross Chapter