

RED ALERT ON DENGUE

KNOW IT 1ST !

Dengue fever can be caused by any one of four types of dengue virus: DEN-1, DEN-2, DEN-3, and DEN-4. You can be infected by at least two, if not all four types at different times during your lifetime, but only once by the same type.

Please Spend a Moment Below People !

TRANSMISSION MODE

- You can get dengue virus infections from the bite of an infected Aedes mosquito.
- Mosquitoes become infected when they bite infected humans, and later transmit infection to other people they bite.
- Two main species of mosquito, Aedes aegypti and Aedes albopictus, have been responsible for all cases of dengue transmitted in this country.
- Dengue is not contagious from person to person.**

This is for Everybody ! Be Dengue Alert !

SYMPTOMS

Symptoms of typical uncomplicated (classic) dengue usually start with fever within 5 to 6 days after you have been bitten by an infected mosquito and include :

- High fever, up to 105 degrees Centigrade
- Severe headache
- Retro-orbital (behind the eye) pain
- Severe joint and muscle pain
- Nausea and vomiting
- Rash

Dengue Is Ferocious, Be warned All !

SYMPTOMS CONTINUED.

Symptoms of dengue hemorrhagic fever include all of the symptoms of classic dengue plus

- Bleeding from the nose, gums, or under the skin, causing purplish bruises
- Symptoms of dengue shock syndrome-the most severe form of dengue disease-include all of the symptoms of classic dengue and dengue hemorrhagic fever, plus
- It is sometimes fatal, especially in children and young adults.

Fore Warned is Fore Armed !

DIAGNOSIS

- Your health care provider can diagnose dengue fever by doing two blood tests,
- 2 to 3 weeks apart.
- The tests can show whether a sample of your blood contains antibodies to the virus.
- In epidemics, a health care provider often can diagnose dengue by typical signs and symptoms.

You must be Alert NOW!

TREATMENT

- ❑ *Visit to your Health Care practitioner is a MUST*
- ❑ There is no specific treatment for classic dengue fever and like most people you will recover completely within 2 weeks.
- ❑ To help with recovery, health care experts recommend
 - ❑ Getting plenty of bed rest
 - ❑ Drinking lots of fluids
 - ❑ Taking medicine to reduce fever
- ❑ **FOR SEVERE DENGUE SYMPTOMS, INCLUDING SHOCK AND COMA, EARLY AND AGGRESSIVE EMERGENCY TREATMENT WITH FLUID AND ELECTROLYTE REPLACEMENT CAN BE LIFESAVING.**

Fight the Attitude, Don't be Complacent !

AVOID CONTACT WITH MOSQUITOES

When outdoors use a mosquito repellent containing DEET, picaridin, or oil of lemon eucalyptus.

Dress in protective clothing-long-sleeved shirts, long pants, socks, and shoes.

Because Aedes mosquitoes **usually bite during the day**, be sure to use precautions especially during early morning hours before daybreak and in the late afternoon before dark.

Other precautions include
Keeping unscreened windows and doors closed.

PREVENTION

These are Important ! Read on...

MORE ON PREVENTION

Other precautions include :

- Keeping unscreened windows and doors closed
- Keeping window and door screens repaired
- Getting rid of areas where mosquitoes breed, such as standing water in flower pots, containers, birdbaths, discarded tires, etc.

Ask your local Doctor for more information.

COMPLICATIONS

Most people who develop dengue fever recover completely within 2 weeks.

Some, however, may go through several weeks to months of feeling tired and/or depressed.

**WE ALL WANT YOU TO BE
SAFE !**

**BE PROACTIVE TO YOUR
SAFETY NOW!**