

## **Communique from the Ministry of Health & Quality of Life**

### **Dengue Fever**

Dengue fever is a mosquito-borne infection. It is caused by the dengue virus of which four serotypes are known to cause disease.

Dengue viruses are transmitted to humans through the bite of infective female *Aedes* mosquitoes.

It is an acute, flu-like, febrile disease usually presenting with abrupt onset of high fever, severe headache, muscle and joint pain and rash with some patients also having nausea and vomiting.

### **Measures to prevent Dengue fever**

#### **I. Precautions to be taken to prevent mosquito bites**

1. Wear clothes that cover the body adequately, such as long sleeved shirts and long trousers.
2. Use mosquito repellent creams on exposed areas of the body.
3. Inside buildings, make use of mosquito repellents such as electric diffusers, coils, sprays. Read carefully the instructions on the packaging of each product.

In addition, electric fans, air conditioning systems help to keep mosquitoes away.

4. At home, in addition to above, make use of bed nets which in fact should be the ideal measure for infants and pregnant ladies.

#### **II. Elimination of mosquito breeding and harbouring sites**

- All water collections (stagnant water) should be removed.
- A regular inspection of the immediate environment should be undertaken to identify and eliminate breeding places. The sites to be inspected should include rooftops, gutters, yards and gardens.
- All containers including metal cans, plastic bottles and bags, susceptible of serving as mosquito breeding sites should be removed and disposed of in an appropriate waste bin. Used tyres should be emptied of water collections and kept under shelter, awaiting disposal.
  - Dried leaves and domestic solid waste should be collected in covered bins.

- The saucers under the flower pots should be turned upside down to prevent water collection.
- Water in flower vases should be changed regularly.
- Holes in trees should be plugged.
- All overgrown vegetations should be deshrubbed.

III Furthermore, any person suffering from above symptoms should attend the nearest health institution.



Dr A. H. Abdool  
Director of Health Services, Preventive

11 June 2009