

PREVENTIVE MEASURES OF DENGUE

Dengue can be a dangerous disease that's caused by infected mosquitoes, specifically the *Aedes aegypti*. Dengue can be prevented through effective vector control initiatives and proper sanitation in your own home.

Signs and Symptoms of Dengue

Most people infected have mild or no symptoms. About 1 in 4 people infected with dengue will get sick. Mild symptoms of dengue may be confused with other illnesses that cause fever and flu-like illness. Most people will recover after about one week.

The most common symptoms are **fever** and **one or more of the following**:

- Headache
- Eye pain (typically behind the eyes)
- Muscle, joint, or bone pain
- Rash
- Nausea and vomiting
- Unusual bleeding (nose or gum bleed, small red spots under the skin, or unusual bruising)

Here are some easy ways to prevent mosquitoes from making a home out of your house and tips to enhance your protection against dengue.

- **Cover and clean water containers on a regular basis.** Common household items like pet water containers, planter dishes, and flower vases can serve as breeding grounds since mosquitoes like to lay their eggs in standing water.
- **Keep your house clean and tidy.** Avoid leaving junk inside and outside the house which can possibly house mosquitoes and their eggs like old tires and other storage containers with water inside.
- **Wear protective clothing like long sleeves and pants inside and outside** the house most especially if you know that there is a dengue outbreak in your area. Do not wear clothes that expose arms and legs. Wear full sleeves, shirts and full pants with socks.
- **Use Mosquito nets while sleeping during day time and night time.** To prevent mosquito bite, especially for sleeping infants and young children.

- **Invest in a mosquito net** so you're protected against insect bites when you sleep. Ensure that there are no holes and that it is properly sealed to get maximum protection.
- **Consider putting up screens** on your windows and doors to prevent mosquitoes from entering your home.
- **Purchase insecticides that are effective against mosquitoes and is safe to use inside your home.** The use of mosquito coils may help but use with caution and keep away from the reach of children.
- **Dispose of waste properly.** If possible, use closed trash bins and take out your trash on a regular basis. Segregating your trash may help prevent insects from entering your household.
- **Drain and clean your roof gutters to avoid water build up.** Do the same with pools, fountains, and bathtubs.
- **Apply mosquito repellent all over your body**—most especially during the rainy season or if you know that you will be exposed to insects. Consult a doctor first before using any kind of product on children.

Although dengue is not spread from person to person, mosquitoes can become infected after it bites someone with dengue fever. This cycle, therefore, makes the infected mosquito capable of spreading dengue within your household.