



DAV Public School, Sector - 14, Gurugram
"DAV WELLNESS"
Monthly Health Newsletter (October 2022)

Dear students,

The buzz of mosquitoes is annoying and as vectors of viruses they are a menace. Some simple precautions can go a long way in keeping you healthy. With changing seasons, the menace of mosquitoes rises. They are carriers of pathogens which cause diseases like Dengue, Malaria, Chikungunya, etc.

Dengue:- Vector- Female Aedes Aegypti mosquitoes

- Symptoms- High fever, pain in the eyes, rashes, mild bleeding (nose, gums), low blood pressure, stomach ache, continuous vomiting, frequent thirst, joints and muscle pain.
- Dengue Haemorrhagic fever - Can be fatal, drop in platelet count and bleeding from nose and gums

Malaria:- Vector - Female Anopheles mosquitoes

- Symptoms - Headache, chills, high fever.

Chikungunya - Vector - Female Aedes Aegypti mosquitoes

- Symptoms - Nausea, vomiting, chills, joint pain, and joint inflammation, severe fatigue and leg swelling, which can last for months.

Mosquitoes breed in water collected in ornamental pots in houses, empty plant containers, open water storage tanks, overhead tanks, sumps in ongoing construction sites, broken pots, discarded cups, coolers, any open vessels on rooftop etc.

We can put an end to Dengue. All you have to do is take necessary precautions and stay safe.

Easy steps for prevention of Dengue:-

At Personal Level –

- Wear full sleeved shirts, trousers and long stockings that covers arms and legs to prevent mosquito bites.
- Use mosquito repellents.
- Use mesh door/ windows, mosquito coils vapour mats etc.
- Dispose off unused broken tyres, pots bottles etc.
- Dry all coolers and containers at home, offices, factories, schools etc, once a week. Add two table spoons of petrol/ kerosene oil in them if they can not be dried weekly.

At Community Level:-

- Do not let water stagnate anywhere.
- Keep your surroundings clean.
- Use weekly anti- larval methods in and around construction sites where there is water collection.

When To Seek Medical Advice:-

- Bleeding spots on skin.
- Abdominal pain
- Spontaneous bleeding from any site, black stool, blood in urine or cough.
- Frequent vomiting.
- Dehydration
- Shortness of breath.

Home Care for Dengue:--

- Adequate bed rest.
- Adequate fluid intake (8-10 glasses/ day.)
- Consume plenty of fruit juices/ coconut water.
- Take only crocin for fever and body aches.
- Tepid sponging.
- Do not take Aspirin, Ibuprofen or any other NSAID (Non-steroidal anti-inflammatory drugs)

**"GET, SET, READY TO BEAT THE
MOSQUITO MENACE"**