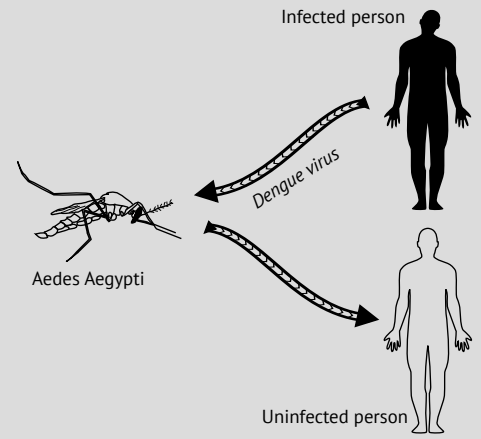
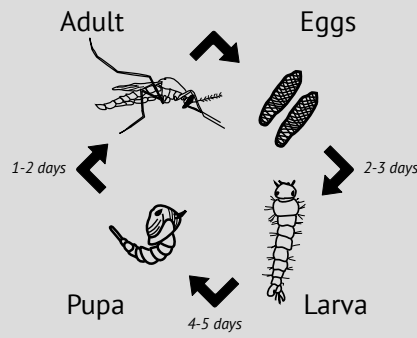


Dengue

What is it, how can you spot it and how can you protect yourself?

Dengue fever is caused by the **Dengue virus** transmitted by the female mosquito **Aedes Aegypti**



When this mosquito feeds on an infected person, the virus is transmitted through the salivary gland

Symptoms

If you show a sign of any of these, get to a doctor immediately.

Fever

Muscle/Joint Pain

Headache

Nausea/Vomiting

Back Pain

Rashes

Bleeding

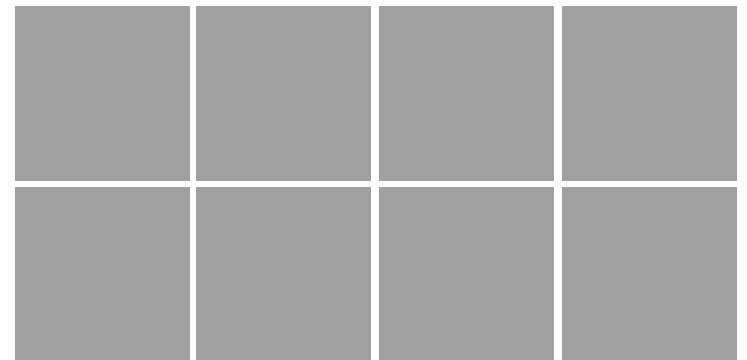
left untreated



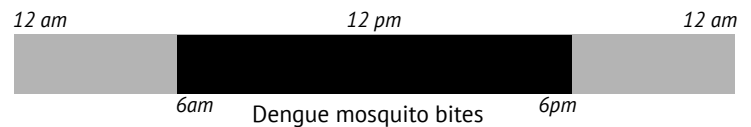
Dengue Hemorrhagic Fever or Dengue Shock Syndrome

Breeding Grounds

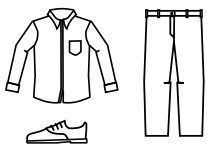
Stagnant water is a breeding ground for these mosquitos who's eggs stay dormant for more than a year. Prevent these potential breeding grounds and take the first step towards avoiding Dengue.



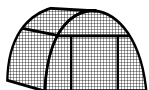
Bites occur early hours of the day after sunrise and evenings before darkness, from **April** through **October**.



Protect Yourself



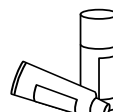
Wear long sleeved shirts, full length pants, shoes and socks near water bodies and greenery



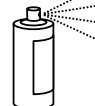
Use mosquito nets across beds and windows



Use mosquito coils



Use mosquito repellent creams and body sprays



Use insect repellent sprays under beds, furniture and other areas