

# Do's and Don't of Dengue and Chickenguniya

## DENGUE FEVER

### SIGNS, SYMPTOMS

HIGH FEVER

SWOLLEN LYMPH GLANDS

MUSCLE AND JOINT PAIN

NOSE BLEEDING

ABDOMINAL PAIN

EXCESSIVE VOMITING



Top10



### 2 USE GOOD MOSQUITO REPELLENTS

To get rid of mosquitoes around your house and keep them away from you, use mosquito repellents.

### 3 STAY IN AIR-CONDITIONED OR WELL-SCREENED HOUSING



### 4 WEAR PROTECTIVE CLOTHING



### 5 USE GUPPY FISH IN SWIMMING POOLS



To explore more, visit [www.Top10HomeRemedies.com](http://www.Top10HomeRemedies.com)

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Cure™

## Do's and Don'ts

### Don'ts

- Don't scratch the eruptions as it leads to spread of infection to other parts of the body.
- Don't share your personal items like soaps, towels, clothes, etc. with other people.
- Don't shave or perform any kind of medical/surgical procedures by yourself on the affected skin.
- Don't stop treatment until instructed to do so even if symptoms disappear sooner.



# Do's and Don't s



● Avoid eating out and eat hygienic home cooked food

● Drink only boiled water



● Wear footwear and avoid wading through contaminated water, as the soil and water contains all types of germs during rains

● People with respiratory problems should not expose themselves to dust and rain

● Malaria and dengue can be avoided by getting rid of stagnant water



● Avoid wearing wet and dirty clothes



● Maintain hygiene. Wash hands with soap before eating. Cover your mouth with handkerchief while coughing and sneezing



● Avoid self-medication

— DR S. GEETHA,  
General physician

# Protect yourself from mosquito bites



## Daytime is most dangerous

Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.



## Use insect repellent It works!

Look for the following active ingredients:  
• DEET • PICARIDIN • IR3535



## Wear protective clothes

Wear long-sleeved shirts and long pants and use insect repellent. For extra protection, treat clothing with permethrin.



## Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs in and near standing water.

For more information:

[www.cdc.gov/chikungunya](http://www.cdc.gov/chikungunya) • [www.cdc.gov/dengue](http://www.cdc.gov/dengue) • [www.cdc.gov/zika](http://www.cdc.gov/zika)



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

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## PREVENTION

 **World Health  
Organization**  
Regional Office for South-East Asia



### Use mosquito nets



### Cover skin with long- sleeved clothing



### Use screens or mosquito nets on windows and doors



### Use insect repellent



### Prevent mosquito breeding sites. Empty, clean, or dispose of containers that can hold water