



Dengue is preventable: Just take a few simple precautions



Government of India

Aedes Mosquito breeds in



Do's:

- Cover all water tanks and containers with tight lids
- Dispose & destroy all unused containers, junk materials, tyres, coconut shells etc.
- Empty, scrub & dry desert coolers every week before refilling
- Use bednet at home and hospital during dengue fever to prevent mosquito bite and interruption of transmission
- To avoid mosquito bite during day time wear full sleeved clothing and apply mosquito repellent
- Use Paracetamol for fever

Aedes Mosquito bites during day time

Don'ts:

- Don't allow water to stagnate in and around your house in coolers, buckets, barrels, flower pots, bird baths, freeze trays, coconut shells etc
- Don't throw broken utensils, unused bottles, tins, old tyres and other junks as Aedes mosquitoes breed in these objects during rainy season
- Don't use aspirin
- There is no specific medicine for dengue fever, self medication should be avoided, consult your doctor
- Don't depend on platelet counts only for diagnosis of dengue
- Don't insist on hospitalization in case of Dengue fever unless advised by a doctor. All dengue cases do not require hospitalization



National Vector Borne Disease Control Programme
 Directorate General of Health Services
 Ministry of Health & Family Welfare
 Government of India, www.nvbdc.gov.in
www.mohfw.nic.in www.pmindia.gov.in www.mygov.in