

**HEALTH DEPARTMENT (MALARIA WING)
UNION TERRITORY, CHANDIGARH
DENGUE HELPLINE NO. 7626002036**

ADVISORY

The season for vector borne diseases like Dengue & Chikungunya is in full swing. These diseases are caused by Aedes mosquito which requires stagnant water to lay eggs. Hence we should not create any mosquitogenic situation in our city conducive for Aedes breeding. All the residents of Chandigarh are further advised to follow the preventive measures given below to protect themselves from vector borne diseases like Dengue & Chikungunya.

DO'S	DON'TS
<p>)After every rainfall check for collection of water around your house</p> <p>)Keep all the water containers/overhead tanks etc. properly covered.</p> <p>)Scrub dry all the desert coolers and containers in houses, offices, factories, schools etc. once a week.</p> <p>)Check the back trays of refrigerators once a week for stagnation of water and scrub them dry.</p> <p>)Birds/animal feeding pots are potential sources for breeding of Aedes mosquito which causes dengue. They must be cleaned with a scrub and water must be changed every week.</p> <p>)Use mosquito repellants on exposed parts during day time to prevent mosquito bites.</p> <p>)Wear full sleeved clothes and long dresses/trousers that cover arms and legs to prevent mosquito bite.</p> <p>)Use mesh doors/windows, mosquito coils, vapour mats etc. to keep mosquitoes away.</p> <p>)Use bed net seven during day time especially for infants and small children.</p> <p>)Protect dengue patients from mosquito bite by any of above methods.</p> <p>)Ensure that there is no water logging on the roof top, in the ground areas around the buildings and there is no broken furniture/junk in open spaces.</p>	<p>)Don't let water to collect in and around houses, offices, schools, factories etc.</p> <p>)Don't let broken earthenware, bottles, pots, flower vase etc. To collect outside or on roof tops.</p> <p>)Don't leave water in desert cooler when not in use.</p> <p>)Don't place plates under the flower pots.</p> <p>)Don't store water in uncovered or not properly covered containers/tanks.</p> <p>)Don't store tyres outside houses, workshops, godowns etc.</p> <p>)Don't throw coconut shells in the open after consuming coconut water as rain water can stagnate in these shells leading to mosquito breeding.</p> <p>)Don't discard disposable items like glasses, cups, plates, kulhad etc. in open as water collection even in these items can lead to mosquito breeding.</p> <p>)Don't give aspirin/brufen to patients with dengue fever. It may lead to bleeding in case the platelets are very low. Tablet Paracetamol may be used for fever and body ache.</p>

IN CASE OF FEVER, REPORT TO THE NEAREST HEALTH FACILITY.

Remember Dengue **ELISA test (Ns1/IgM)** is the recommended confirmatory test for dengue as per government of India.

Free dengue testing facilities are available at PGIMER Department of Virology, GMCH-32 Department of Microbiology, GMSH-16 Department of Microbiology, CH-Manimajra, CH-22 and CH- 45.

“PREVENTION OF DENGUE STARTS FROM HOME, LET’S JOIN HANDS”.

“COMMUNITY PARTICIPATION IS THE KEY FOR DENGUE PREVENTION”

“SAVE YOURSELF FROM MOSQUITO BITE”

“FIGHT THE BITE”

OBSERVE EVERY SATURDAY AS DRY DAY