

ASIS – Dengue Circular

Sub: Advisory for Dengue for School Students .

As you are aware that dengue is more prevalent in September, October and November; therefore, it is mandatory that the students arrive in the school fully covered. They are advised to wear Full Sleeves Shirt, Trouser, Full Legging/ Socks & Shoes.

Sub: Guidelines for Control of Dengue 'Do's and Don'ts.

Do's	Don'ts
<ul style="list-style-type: none"> • Keep all the water containers/overhead tanks etc. properly covered. • Use mosquito repellents on exposed parts during daytime to prevent mosquito bites. • Wear full sleeved clothes and long dresses/trousers that cover arms and legs, especially during epidemic season to prevent mosquito bite. • Use mesh doors/windows, mosquito coils, vapour mats etc. to keep mosquito away. • Use bed nets even during day time especially for infants and small children. • Ensure that there is no water logging on the roof top, in the ground areas around the house and there is no broken furniture or dirt in open space. 	<ul style="list-style-type: none"> • Don't let water to collect in and around houses, offices, schools, factories etc. • Don't let broken earthenware, tyres, furniture, bottles, pots, flower vase etc. to collect outside or on roof tops. • Don't store water uncovered or in not properly covered containers/tanks. • Don't give aspirin/brufen to patients with dengue fever.

Dengue is a viral disease.

Symptoms

- Abrupt onset of high fever
- Severe frontal headache
- Pain behind the eyes which worsens with eye movement
- Muscle and joint pains
- Loss of sense of taste and appetite
- Measles-like rash over chest and upper limbs

- Nausea and vomiting

Treatment

There is no specific treatment available as such, Therefore symptomatic treatment and case management is only way,

- Don't be panicky as dengue is a self limiting disease.
- Patient should be given lots of fluid and drinkables.
- Tile patient should be advised to take rest avoid movements and should take rest till recovery phase (3-8) days is not complete.
- In any fever in the dengue season avoid taking Aspirin (disprins) tablets. Paracetamol tablets are recommended for fever and body ache.
- Consult a doctor and get proper diagnosis at the earliest for appropriate management.

STAY AWARE, STAY HEALTHY.

Thanking you



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