

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Dengue Fever Awareness Campaign By: First Aid to Save a Life Pakistan

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Help Line:- 0 8 0 0 – 9 9 0 0 0

Course Objective

The goal of this awareness session is to help you understand what dengue fever is and how to prevent and manage it.

IT IS PREVENTABLE!!

We will focus on:



1. **Its prevention.**
2. **Symptoms of dengue fever.**
3. **What to do if I suspect dengue fever.**

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Our Social Responsibility

Be alert & continue this campaign to others around you, where you live and work and relatives, friends and your social circle to prevent **Dengue Fever**.



What is Dengue Fever?

Dengue Fever is an acute febrile illness of 2-7 days duration caused by an infection with a virus transmitted by the *Aedes aegypti* mosquito.



How do you know if you have Dengue Fever?

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Any idea?

What are the
symptoms?



Recognition/Symptoms of Dengue Fever

- 1:- Sudden attack of high fever, also called break-bone fever;
- 2:- Severe headache (mostly in the forehead);
- 3:- Pain behind the eyes which worsens with eye movement;
- 4:- Rash;
- 5:- Body aches and joint pains; &
- 6:- Nausea or vomiting.

**SEE A DOCTOR !
GET A BLOOD TEST FOR DENGUE!
DO NOT LOSE TIME!
THIS IS AN EMERGENCY!**

Threat - Dengue related Fatalities

So far 4,044 cases of dengue have been reported in Punjab, out of which 3,576 cases have been reported in Lahore alone.

Muhammad Jehanzaib Khan Health Secretary

The virus has claimed the lives of 21 people in Punjab in (last two months of) 2011 .

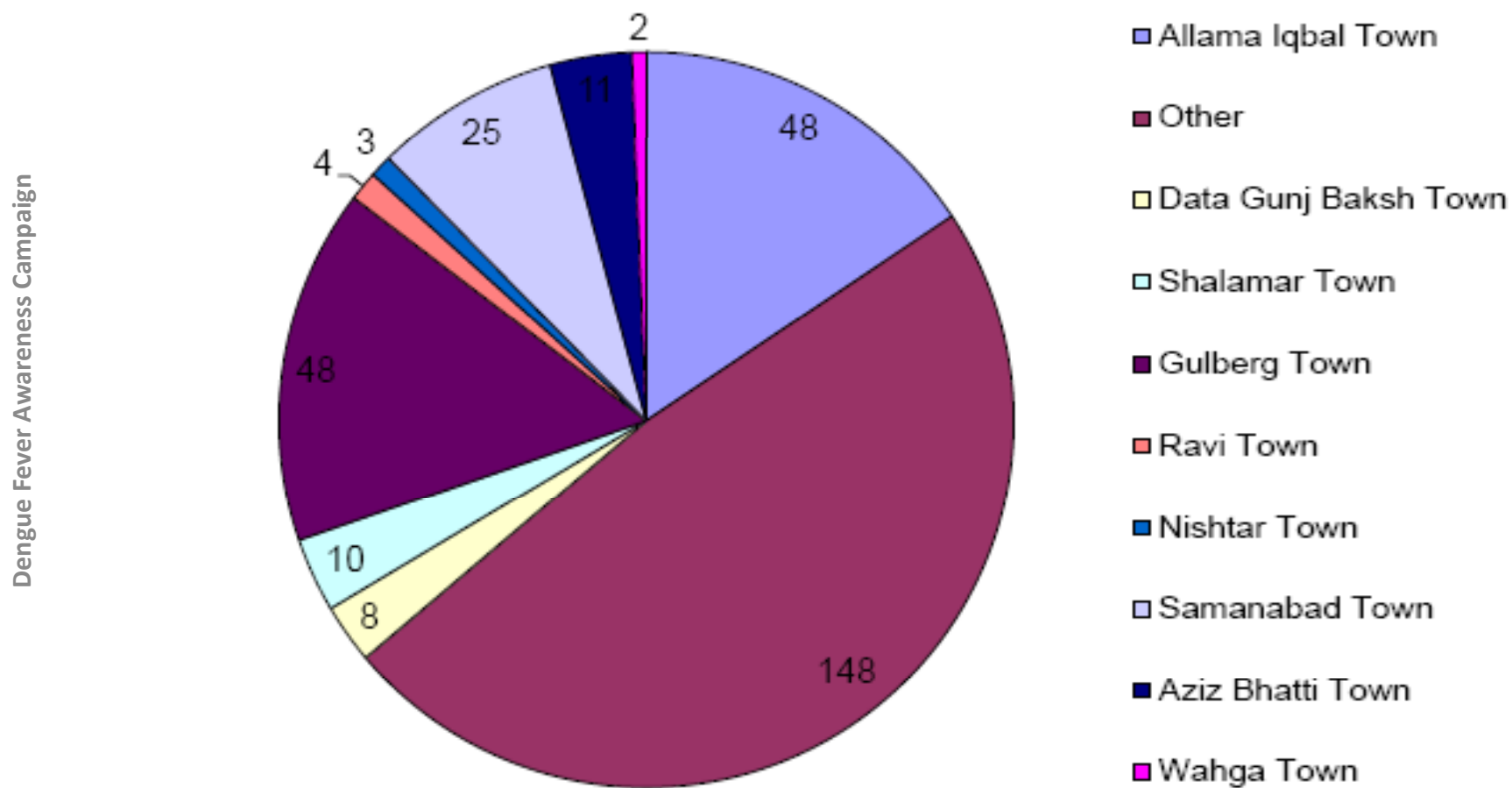
Threat - Severe Dengue related Cases

District	Previous (Cured and Discharged from 1-1-2011 to 9-9-2011)	Present	Total
Faisalabad	76	5	81
Gujranwala	10	0	10
Gujrat	4	0	4
Hafizabad	3	0	3
Jhang	4	0	4
Jhelum	3	0	3
Kasur	5	0	5
Khanewal	0	0	0
Khushab	0	0	0
Lahore	1962	290	2252
Total	2174	317	2491

Unofficial reported cases: 4044 till September 14, 2011

Threat – Lahore City Area Cases

Below given is the break down of dengue fever cases officially recorded for Lahore.



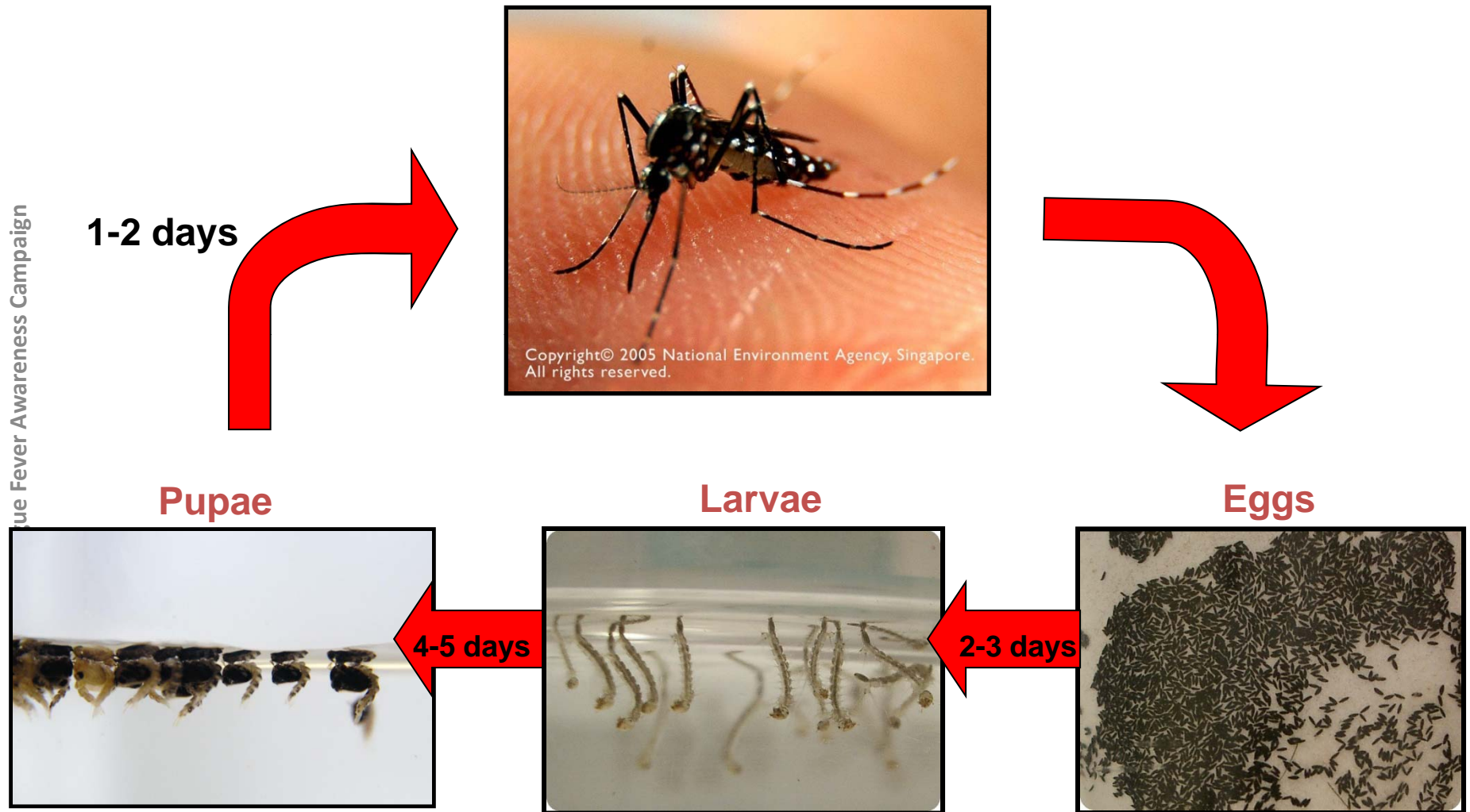
Others represents calls where caller did not specify his/her residential town

Characteristics of Aedes Mosquito

- One distinct physical feature – black and white stripes on its body and legs.
- Bites during the day.
- Lays its eggs in clean, stagnant water.



Life cycle of Aedes Mosquito



What you can do to save a life!



The Virus?

There is **no specific medicine or antibiotic or vaccine to treat it**, the only treatment is to treat the symptoms.

Prevention is better than CURE!

Prevent Aedes from Breeding?

Remove ALL sources of stagnant water.

Deny the *Aedes* mosquito of any chance to breed.

Potential Aedes Breeding Sites

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Potential Aedes Breeding Sites

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Potential Aedes Breeding Sites



Tree hole



Plant axil



Air-con tray



BBQ pit



Canvas sheet



Discarded receptacle

Potential Aedes Breeding Sites

Barrels;

Drums;

Jars;

Pots;

Buckets;

Discarded bottles/tins;

Water coolers.

Especially identify the sites where rainwater and/or clear water collects or is stored.

Potential Aedes Breeding Sites in Offices

Flower vases;

Water tanks;

Parking area after washing cars;

Decorative fountains;

Utility appliances;

Garbage bins, Cans Trays, AC drain etc.



Spray to kill them.

1:- Use (outdoor) insecticide sprays to kill the larvae.

2:- Use mosquito coils and/or electric vapour mats or electric diffusers to kill/repel adult aedes.



Inspection Checklists

INDOORS – CHECKLIST

- 1:- Windows and doors are closed;
- 2:- Doors and windows are fitted with screens and regularly checked for holes;
- 3:- Where available air conditioning is working and on cold;
- 4:- Electric diffusers are plugged in and working, particularly in bedroom;
- 5:- On verandas coils are burned;
- 6:- When entering a room at night insecticide is sprayed;
- 7:- Chemically treated bed net is used and regularly checked for holes and used correctly (tucked under the mattress all around the bed); &
- 8:- Wear full-sleeve clothes and long dresses to cover the limbs.

Inspection Checklists

OUTDOORS - CHECKLIST

- 1:- Long-sleeve shirts are worn – prefer light colored clothing;
- 2:- Long pants are worn;
- 3:- Before going outdoors repellent is applied on uncovered parts of the body; &
- 4:- Avoid participation in functions organized outdoors.