

MEDICARD FLASH

FOCUSED LEARNING ABOUT SAFETY and HEALTH

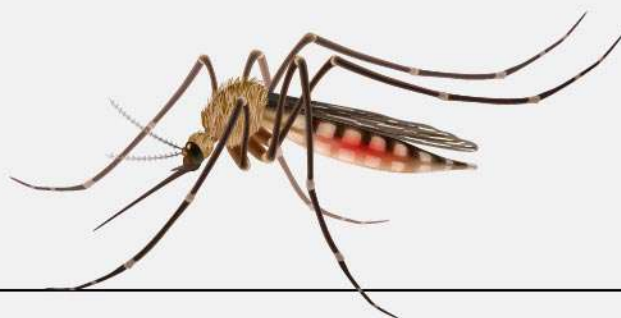


DENGUE AWARENESS MONTH

STOP DENGUE! PROTECT YOUR FAMILY!

What is Dengue?

A viral infection transmitted by the bite of an infected Aedes mosquito, which usually bites during daytime.



HOW DENGUE SPREADS

Mosquito breeds in clean, stagnant water.
Common breeding places:



Water
containers



Clogged gutters



Flowerpots

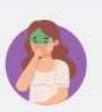


Disposed cans
or tires

COMMON SIGNS & SYMPTOMS



High fever
(2-7 Days)



Nausea and
vomiting



Severe
headache



Skin rash



Pain behind
the eyes



Mild bleeding
(nose/gums)



Joint and
muscle pain

WARNING SIGNS

Seek medical care!



Severe
abdominal pain



Difficulty
Breathing



Persistent
vomiting



Extreme
weakness or
restlessness



Bleeding
(vomit, stool, gum)

HOW TO PREVENT DENGUE

4S Strategy to Prevent Dengue (DOH)

01

Search and Destroy

- Remove standing water containers

02

Self- Protection

- Wear long sleeves
- Use mosquito repellent
- Install screens or nets

03

Seek Early Consultation

- Go to the nearest clinic if symptoms appear

04

Support Fogging

- Coordinate with your local health providers

References:

World Health Organization. (n.d.). Dengue and severe dengue
Centers for Disease Control and Prevention. (n.d.). Symptoms of dengue and testing
Department of Health - Cordillera Administrative Region. (n.d.). Practice the 4S in dengue prevention and control

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