

# DENGUE FEVER

## INTRODUCTION

Dengue fever is a mosquito (*Aedes*) borne viral disease in human beings. “*Aedes*” usually prefers to live close to the human dwellings due to limited flight range. The female mosquito lays eggs in stagnant clean water bodies, tyres, used cans, flower pots, jars, containers that are used to provide water for animals, room air coolers, buckets and natural water holes in trees etc.

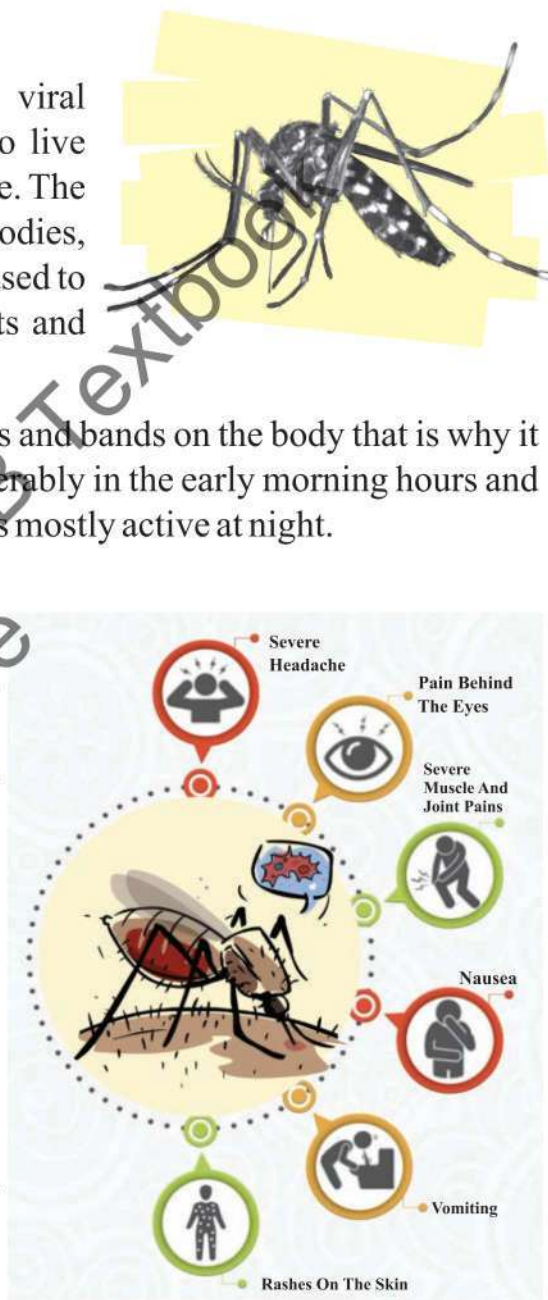
This mosquito is dark brown in colour with white spots and bands on the body that is why it is also known as “Asian Tiger Mosquito”. It bites preferably in the early morning hours and before dusk, as compared to malarial mosquito which is mostly active at night.

## DENGUE FEVER

Dengue fever spreads by the bite of infected female *Aedes* mosquito that transfers the virus in the human body while sucking blood. Dengue fever is caused within two to four days after the bite of mosquito. It is caused by dengue virus (DENV). This virus has four types DENV-1, DENV-2, DENV-3 and DENV-4.

## SYMPTOMS AND DIAGNOSIS

Symptoms of the Dengue fever appear after the bite of infected female *Aedes* mosquito which include high fever, severe headache, pain behind eye balls, body pains particularly of joints, weakness and loss of appetite etc. In this condition the patient should contact a doctor immediately. In some patients, red rashes appears on the skin and mild bleeding may occur from the membranes of nose and mouth.



Symptoms of Dengue

## PREVENTIVE MEASURES AND CONTROL

Following methods are very helpful to control mosquitoes:

- Use of bed nets, mosquito repellents, mosquito mats and coils, screening of doors and windows with fine wire net.
- Wearing of proper dress with long sleeved shirts and long pants etc. are some of the preventions that protect us from mosquito bites.
- Use mosquito repellent lotion and coils.
- Remove stagnant clean water from the buckets, flower pots, room coolers is mandatory.
- Insecticides can be sprayed in the houses to kill the mosquitoes.
- Overall cleanliness of the environment and destruction of breeding sites of mosquitoes is very important in controlling dengue fever.
- Fogging and spraying of insecticide in the streets, roads, parks and breeding sites of mosquitoes is also helpful.



## PATIENT MANAGEMENT

The patient of Dengue fever must be managed according to symptoms. Initially, bed rest and use of paracetamol only as body temperature lowering medicine is advised by doctors. Adequate hydration (use of ORS/fresh juices) and proper rest makes most of the patients feel better in two weeks time. Some patients experience severe disease and require hospitalization.

## EXERCISE

1. Name different types of dengue virus?
2. Why is dengue mosquito known as Asian Tiger Mosquito?
3. How can we prevent ourselves from mosquito bite?
4. What is the peak time for Dengue mosquito bite?
5. What are the symptoms of Dengue fever in second phase of disease?

