

# डेंगू से बचाव आसान है

आपकी सतर्कता आपको और आपके परिवार को डेंगू से बचा सकती है



डेंगू एक वायरल बुखार है जो संक्रमित एडीस मच्छर के काटने से होता है। डेंगू का मच्छर साफ रुके हुए पानी में पैदा होता है

## मच्छर पैदा न होने दें



गमले, फूलदान या घर के आस-पास कहीं भी पानी जमा न होने दें।



कूलर के पानी को हर सप्ताह खाली करें या उसमें थोड़ा पेद्रोल/तेल डाल दें।



पानी की टंकी, बाल्टी व अन्य बर्तनों को पूरी तरह ढक कर रखें।



अनुपयोगी कबाड़ जैसे कि टूटे-फूटे बर्तन, बोतल, टिन, टायर और नारियल के खोल इत्यादि को खुले में न रखें/न फेंके।

## मच्छर के काटने से बचें



पूरे शरीर को ढकने वाले कपड़े पहनें एवं मच्छर भगाने वाली क्रीम का इस्तेमाल करें।



बुखार के समय घर व अस्पताल में मच्छरदानी का नियमित इस्तेमाल करें।

## डेंगू के लक्षण



तेज बुखार



आंखों के पीछे तेज दर्द, जो आंखों के घुमाने से बढ़ता हो



सिर दर्द, मासपेशियों एवं जोड़ों में दर्द



पेट दर्द



जी भिचलाना, चल्टी आना



शरीर पर दाने निकलना

उपरोक्त लक्षण दिखवाई देने पर इलाज के लिए अपने निकटतम सरकारी अस्पताल या स्वास्थ्य केंद्र पर संपर्क करें  
डेंगू की जांच व उपचार सभी सरकारी अस्पतालों एवं स्वास्थ्य केंद्रों में नि:शुल्क उपलब्ध है



राष्ट्रीय वेक्टर जनित रोग नियंत्रण कार्यक्रम  
स्वास्थ्य सेवाएं निदेशालय, दिल्ली सरकार



## Control of Dengue is possible through simple steps

- Cover all water tanks and containers with lid.
- Empty, scrub & dry Desert coolers every week before refilling or use NCDC cooler
- Dispose & destroy all unused containers, junk materials, tyres, coconut shells, etc.
- Wear full sleeved clothing to cover the body to avoid mosquito bite during day time,



Covered Container



Water Storage Drum



Wear Full Sleeved cloth



Water Tank with Lid



NCDC Cooler

## Dengue fever can be dangerous

### Dengue is a viral Disease

- It occurs in two forms: Dengue Fever & Dengue Hemorrhagic Fever (DHF)

### Sign & symptoms of Dengue fever

- Sudden onset of high fever
- Severe headache
- Pain behind the eyes which worsen with eye movement
- Muscle & joint pain
- Nausea, vomiting
- Rash like Measles

### Sign & symptoms of DHF

In addition to above

- Bleeding from internal organs, gums
- Severe abdominal pain
- Restlessness

**Consult a doctor immediately in case you have above symptoms**

**If proper medical care is not provided dengue can be life threatening**



सत्यमेव जयते

National Vector Borne Disease Control Programme  
Directorate General of Health Services  
Ministry of Health and Family Welfare



## ABCD of Dengue

### Aedes Mosquito

- is a threat to us
- together we can fight Dengue
- let us fight it
- nothing makes better than prevention of aedes breeding



National Vector Borne Disease Control Programme,  
Directorate General of Health Services,  
Ministry of Health & Family Welfare,  
Government of India



## ABCD OF DENGUE

# Stop

**A**edes mosquito

**B**reeding to

**C**ontrol

**D**engue

## Aedes Mosquito Transmit Dengue

- It is a small, black mosquito with white stripes.
- This mosquito bites in day time.
- Man develops disease after 5-6 days of being bitten by an infective mosquito

### Transmission Cycle of Dengue



- When the Aedes mosquito bites a person with dengue fever it pick up the virus of the disease along with the blood.
- These germs known as dengue virus develops within the mosquito in few days.
- Again when this mosquito bites a healthy person introduces Virus into the blood.
- After a few days the person become sick with very high fever and other symptoms of dengue.

## Breeding of Aedes is in & around your house

- Aedes aegypti mosquito breeds in any type man made containers or storage having even a small quantity of water.
- The breeding places include:  
Desert coolers, Overhead Tanks, Drums, Jars, Pots, Buckets, Flower vases, Plant saucers, Cisterns, Bottles, Tins, Tyres, Roof gutters, Refrigerator tray, Cement blocks, Bamboo stumps, Coconut shells and many more places where water is stored or rainwater collects



Disused Tyres >>>



<<< Disused Plastic Glasses



Flower Pot with Saucer >>>



<<< Desert Cooler



Overhead Tanks >>>





# Dengue is Preventable

Prevent, Protect, and Stay Safe

## Prevent Mosquito Breeding Prevent Dengue



Do not allow water to stagnate inside your home, flower vases, or surroundings



Empty and clean coolers every week or add a few drops of oil/petrol



Always keep buckets, water tanks, and containers tightly covered



Do not discard broken utensils, bottles, tyres, tins or coconut shells in the open

## Protect Yourself from Mosquito Bites



Wear full-sleeved clothes and use mosquito repellents (cream, spray etc.)



Use mosquito nets regularly, especially during fever



The dengue mosquito breeds in clean, stagnant water

## Recognize the Symptoms of Dengue



High fever



Abdominal pain



Severe pain behind the eyes



Nausea or vomiting



Headache, muscle, and joint pain



Skin rashes

If you notice any of these symptoms, contact your nearest government hospital or health centre immediately.

Diagnosis and treatment of dengue are available free of cost at all Delhi government hospitals and health facilities.

**HELPLINE NUMBERS: 011-22307145 / 22300012 / 22300036**

National Vector Borne Disease Control Programme. Directorate of Health Services. Government of NCT of Delhi