

## **ADVISORY FOR SCHOOL STUDENTS FOR DENGUE**

### **DENGUE**

Dengue is a viral disease which spreads in the family and community by the bites of Dengue mosquito- *Aedes aegypti*. This is also known as break bone fever and a self-limiting disease.

### **Symptoms**

1. Abrupt onset of high fever.
2. Severe frontal headache.
3. Pain behind the eyes which worsens with eye movement.
4. Muscle and joint pains.
5. Loss of sense of taste and appetite.
6. Measles-like rash over chest and upper limbs.
7. Nausea and vomiting.

### **Treatment**

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

1. Don't be panicky as dengue is a self-limiting disease.
2. Patient should be given lot of fluids and drinkables.
3. The patient should be advised to take rest under mosquito net, avoid movements and should take rest till the recovery phase is over(3-8 days)
4. In any fever in the dengue season avoid taking Aspirin (disprin) tablets. Paracetamol tablets are recommended for fever and body ache.
5. Consult doctor and get proper diagnosis at the earliest for appropriate management.