

Saturday, 28<sup>th</sup> May 2022

SWS/ACD/2022-23/17

## Let's fight out Dengue



Dear Parent

Greetings from Smart Wonders!

Dengue fever is a disease caused by a family of viruses. It is an acute illness of sudden Onset that usually follows a benign course with symptoms such as headache, fever, exhaustion, severe muscle and joint pain, swollen glands and rash.

The presence (the "dengue triad") of fever, rash, and headache (and other pains) is particularly characteristic of dengue. Other signs of dengue fever include bleeding gums, severe pain behind the eyes, and red palms and soles. Dengue strikes people with low levels of immunity. Because it is caused by one of four serotypes of virus, it is possible to get dengue fever multiple times.

Dengue is a vector borne disease. The virus is contracted from the bite of a Striped *Aedes aegypti* mosquito that has previously bitten an infected person. After being bitten by a mosquito carrying the virus, the incubation period ranges from three to 15 (usually five to eight) days before the signs and symptoms of dengue appear.

Dengue starts with chills, headache, pain upon moving the eyes, and low backache. Painful aching in the legs and joints occurs during the first hours of illness. The temperature rises quickly as high as 104 F (40 C), with relative low heart rate (bradycardia) and low blood pressure (hypotension). The eyes become reddened. A flushing or pale pink rash comes over the face and then disappears. The glands (lymph nodes) in the neck and groin are often swollen.

The *Aedes aegypti* mosquito flourishes during rainy seasons but can breed in Water-filled flower pots, plastic bags, and cans year-round. One mosquito bite can inflict the disease. The virus is not contagious and cannot be spread directly from person to person. There must be a person-to-mosquito-to-another-person pathway. Currently, there is no vaccine available for dengue, although research and trials are on. The easiest and most effective strategy against dengue is the control of the vector population. Vector control typically has three components.

First is prevention of breeding. Anything around us, that can collect rain water and act as a small or big water receptacle, in myriad forms, like abandoned used tyres or used plastic cups, empty coconut shells, desert coolers left with water, flower vases, flower pots, uncovered water tanks, unlifted garbage can act as breeding sites for mosquitoes.

Such potential sites are to be minimized in all places around us – our homes, schools, theatres, auditoriums, offices, hostels etc. through continuous and conscious efforts. But breeding can't be stopped completely even with best of efforts. Mosquitoes still breed in places escaping our notice. Application of larvicides on breeding sites, which have escaped our notice, is the second step. In places, where adult mosquitoes are numerous, which are sure to breed and proliferate, use of insecticide by fogging can be effective.

Warm regards

Poonamjit Kaur  
Principal

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*Spencer*