**Prevent Dengue Fever**

**Stop Mosquito Breeding**

**Prevention**

**If you have dengue:**

- **Other items:** Empty water from buckets, cans, flower pots and the risk of dengue. Check around your house and eliminate mosquito breeding sites and reduce the risk of dengue.

**Symptoms:**

- **Fever**
- **Muscle and joint pains**
- **Headache**
- **Rash**
- **Nausea/ Vomiting**
- **Hemorrhagic manifestations**

If you have these symptoms, ask your physician to request a lab test for dengue.

**Treatment:**

- Avoid mosquito bites while you have a fever.
- Rest (Drink plenty of fluids (water) and consult a physician.
- Avoid pain relievers that contain aspirin and ibuprofen. Such as ibuprofen, acetaminophen or non steroidal anti-inflammatory medications.
- If you request to check the exterior and interior of your premises for mosquito breeding sites.
- Cooperate with the Public Health Inspectors who may request to check the exterior and interior of your premises.

**Information source:**

Centers for Disease Control and Prevention

CDC

**Elimination of mosquito breeding sites**

The best prevention is collective. Here are the mosquitoes:

- Use insect repellants and spray insecticide
- Rest in a screened room or under a bed net.
- Someone else.
- Sick person, becoming infected, and then biting to prevent dengue mosquito bite from biting a person who is not infected.

Don't let mosquitoes bite you. They can infect:

- Avoid mosquitoes bite while you have a fever.
- Avoid pain relievers that contain aspirin and ibuprofen.

**Tips:**

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Prevent Dengue

Eliminate all water containers in and around your home.

Keep containers free from adult mosquitoes.

Immediately after the rain, search for and wash the interior of containers with a brush or a sponge to remove larvae or eggs.

Look around every week for possible mosquito breeding places. Simplify breeding places. Empty the container to eliminate any mosquito larvae.

Pour a small amount of water into a small bowl, pipe, or other container, and leave it inside or outside your home. Keep containers outside by tying or placing them down.

Keep mosquitoes away from your home. Eliminate any containers where the mosquitoes can lay eggs.

Prevent Dengue

House:

If you have mosquitoes in your house:

Use a fine mesh screen to keep mosquitoes out.

Sanitize your home by removing any standing water.

Spray insecticides around your home to eliminate adult mosquitoes.

If you have problems with the mosquitoes:

Use a fine mesh screen to keep mosquitoes out.

Sanitize your home by removing any standing water.

Spray insecticides around your home to eliminate adult mosquitoes.

Remember that after the rain:

There are more mosquitoes.

Remember that after the rain:

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If you have larvae in your area and you have problems with the mosquitoes:

Use a fine mesh screen to keep mosquitoes out.

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