

Dengue symptoms can include:

- Fever
 - Headache
 - Muscle and joint pains
 - Nausea / vomiting
 - Rash
 - Hemorrhagic manifestations
- If you have these symptoms, ask your physician to request a lab test for dengue.

Treatment:

- Rest, drink plenty of fluids (water) and consult a physician.
- Avoid pain relievers that contain aspirin and non steroidal anti-inflammatory medications such as ibuprofen. Acetaminophen or paracetamol may be used.
- Cooperate with the Public Health inspectors who may request to check the exterior and interior of your premises for mosquito breeding sites



Prevention

To eliminate mosquito breeding sites and reduce the risk of dengue, check around your house and empty water from buckets, cans, flower pots and other items.

If you have dengue:

- Avoid mosquito bites while you have a fever.
- Don't let mosquitoes bite you. They can infect other members of your family with dengue after biting you.
- Use mosquito barriers until the fever subsides, to prevent day-biting mosquitoes from biting a sick person, becoming infected, and then biting someone else.
- Rest in a screened room or under a bed net.
- Use insect repellents and spray insecticide indoors if there are mosquitoes.

Information source:

CDC

Centers for Disease Control and Prevention

For more information or questions please

contact your doctor or the school nurse at:

St. Eustatius Public Health Department/GGD

Statia Mall z/n

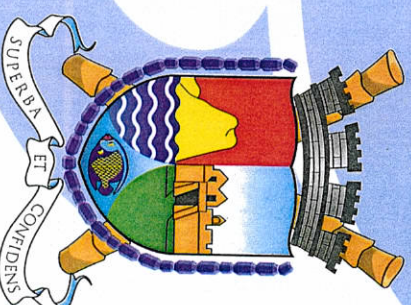
Tel.: 3182891 • Fax: 3182796

Stop mosquito breeding

Prevent Dengue Fever



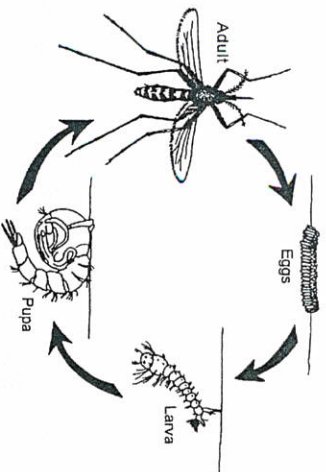
The best prevention is collective
elimination of mosquito breeding sites



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Dengue is carried by the *Aedes aegypti* mosquito, which can be found in the home. The *Aedes aegypti* mosquito is distinguished by its markings. The body of the mosquito has alternate black and white horizontal stripes, and the wings are grey with black markings. This mosquito lays its eggs on the walls of water holding containers that are found around the home. Eggs hatch when submerged in water. Within 8 days the mosquito can complete its life cycle from egg, to larvae, to pupae and to an adult flying mosquito. To help reduce the mosquito population in your community and the risk of exposure to dengue, eliminate larvae that grow in stagnant water.



Aedes aegypti mosquito,

If you have mosquitoes in your house:

- Eliminate or control any containers where the mosquito can lay her eggs, either by emptying the water, covering them or turning them upside down.
- Keep mosquitoes outside by fixing or installing window and door screens. Don't give mosquitoes a place to breed. A small amount of water can be enough for a mosquito to lay her eggs.

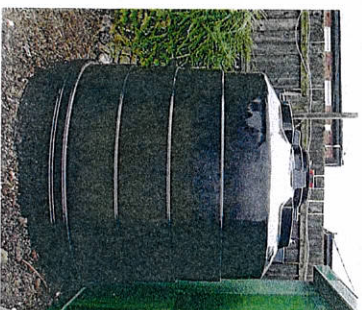


Don't give mosquitoes a place to breed. A small amount of water can be enough for a mosquito to lay her eggs.

- Look around every week for possible mosquito breeding places. Empty water from buckets, cans, pool covers, flower pots and other items that aren't being used. Clean pet water bowls daily. Check if rain gutters are clogged. If you store water outside or have a cistern, make sure it's covered up. Encourage your neighbors to do the same.

If you have problems with the water supply in your area and you have to store water:

- Wash the interior of containers with a brush or sponge, to remove mosquito eggs that might be present, before filling them with water.



- Keep containers with water tightly sealed so that mosquitoes can not get inside and lay eggs. If you observe mosquito larvae, empty the container to eliminate any mosquito eggs.



Remember that after the rain... there are more mosquitoes.

Some mosquitoes lay their eggs in the walls of artificial (plastic, metal, glass) containers with fresh water. Other mosquitoes prefer dirty water in trenches or brackish water in swamps to reproduce. The *Aedes Aegypti* mosquito lays her eggs in clear (clean) stagnant water. In only one week these eggs can hatch and grow into adult mosquitoes

Immediately after the rain, SEARCH for and ELIMINATE all WATER accumulated in containers and help your community to **PREVENT DENGUE!**

In order to prevent the *Aedes aegypti* mosquito from laying its eggs in containers where you store water, keep it covered.