



Dengue Prevention

What you need to know...

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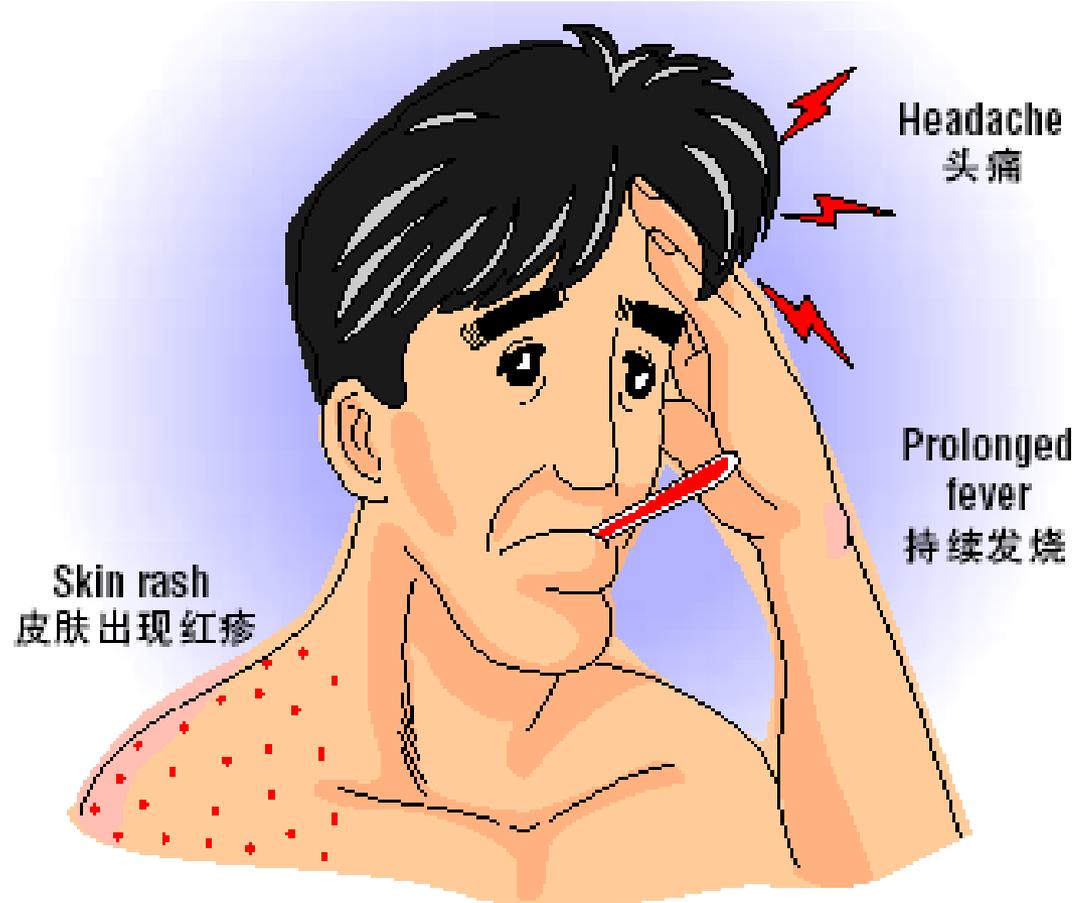
What is dengue fever?

Dengue Fever is an illness caused by infection with a virus transmitted by the *Aedes mosquito*.

Symptoms of Dengue Fever



Example of a skin rash due to dengue fever



Do you know...

- Dengue Fever and Dengue Haemorrhagic Fever are the most common mosquito-borne viral disease in the world.
- If you get a second dengue infection, you can get a worse infection such as dengue haemorrhagic fever and dengue shock syndrome which can be fatal.

Characteristics of the *Aedes* Mosquito

- It bites during the day
- It lays its eggs in clean, shady, stagnant water
- One distinct physical feature - black and white strips on its body and legs



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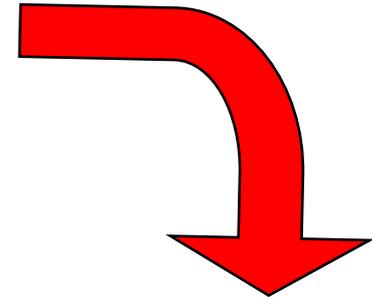
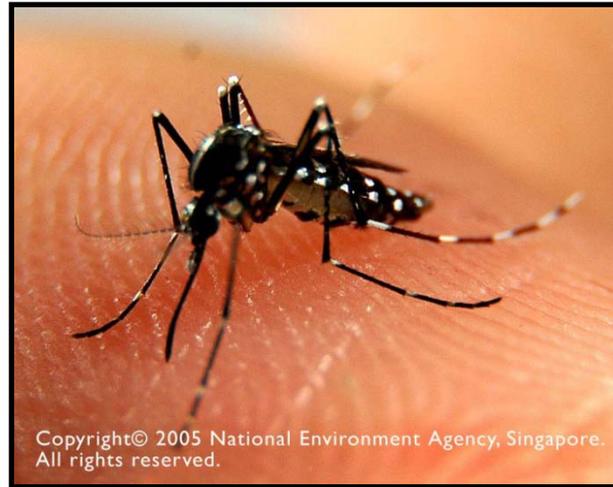
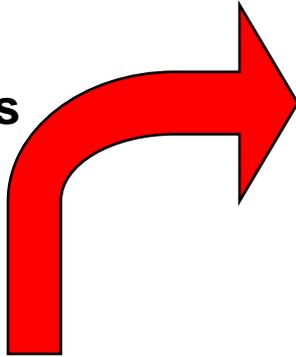
Close-up of an Aedes mosquito

Do you know...

- Only the **female** *Aedes* mosquito feeds on blood. This is because they need the protein found in blood to produce eggs. Male mosquitoes feed only on plant nectar.
- On average, a **female** *Aedes* mosquito can lay about 300 eggs during her life span of 14 to 21 days.

Life cycle of the *Aedes* Mosquito

1-2 days



Pupae



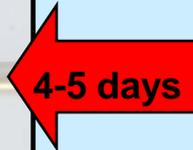
Larvae



Eggs



4-5 days

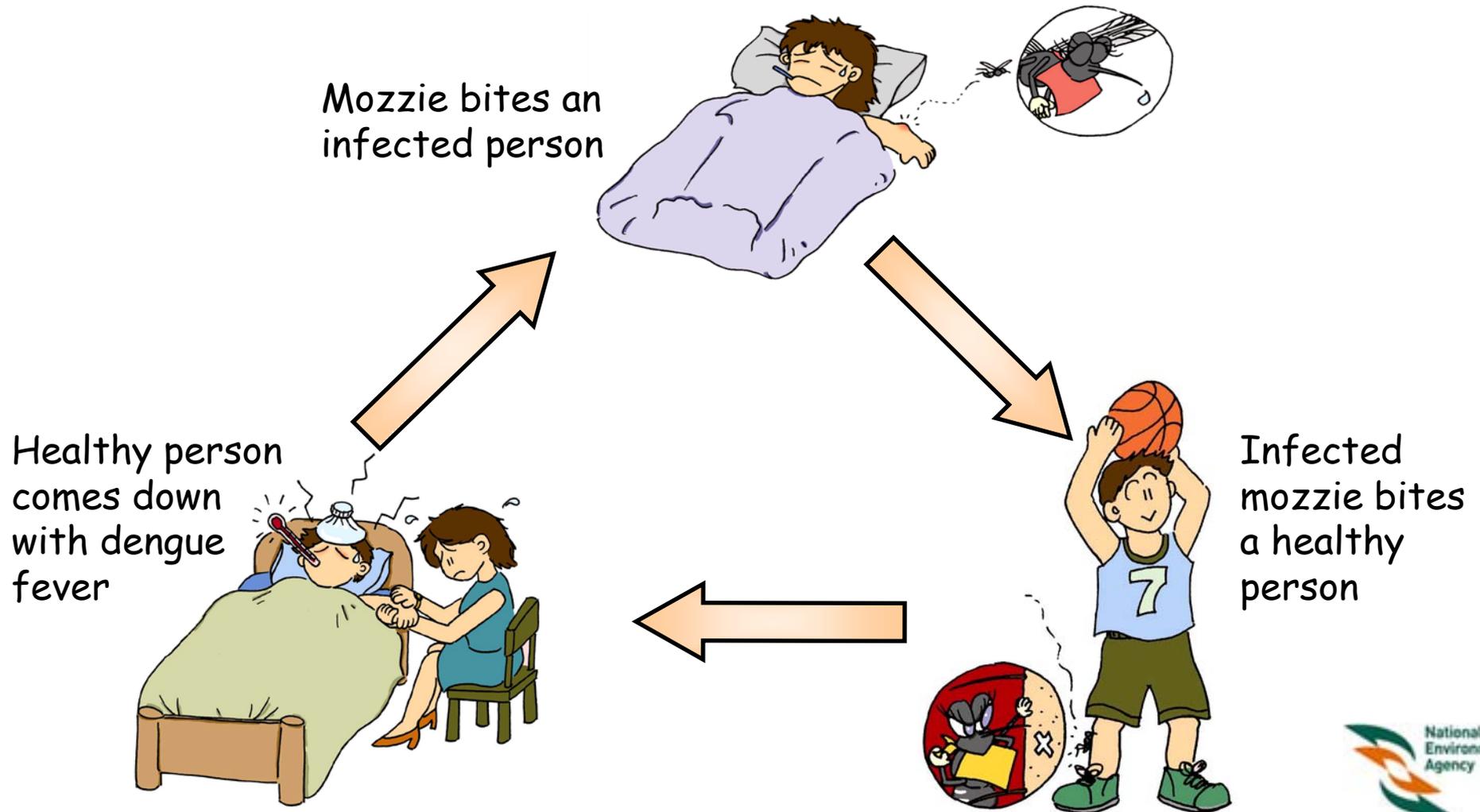


2-3 days



Stagnant water

How Do *Aedes* Mosquitoes Transmit Diseases...



A large, stylized graphic of a leaf or petal, composed of several overlapping, curved shapes in shades of green and light orange, positioned behind the main text.

**This is what you
can do to help...**

Prevent *Aedes* from Breeding!

Remove ALL sources of stagnant water.

Deny the *Aedes* mosquito of any chance to breed.



10-Minute Mozzie Wipe-Out Exercise

4 Easy Steps

1.



- Change water in vases/ bowls every other day.

- Add sand granular insecticide to water.

4 Easy Steps

2.



- Remove water from flower pot plates every other day.

4 Easy Steps

3.



- Turn over all storage containers

4 Easy Steps

5.



- Inform your parents or any adults in your household to clear blockages and put Bti insecticide in roof gutters at least once a month



If going on holiday...

If going on holiday..



- Seal off all floor and gully traps



- Cover all toilet bowls

If going on holiday..

- Add insecticide to pots and vases, or any other place that could collect stagnant water.
- Leave your **contact number** with your neighbor so that the NEA can contact you should there be a need to inspect your premises urgently.



Spread the dengue prevention message to others...



Let your **family**,
friends and
neighbours know
about the **dangers** of
breeding **Mozzies!!**

How to Prevent Mozzies from Having a Feast on You!

- ➔ **Wear shoes, socks, long pants and long-sleeved shirt**
- ➔ **Use mosquito repellents**
- ➔ **Mosquito coils**
- ➔ **Mosquito nets**