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Sub: Advisory for Vector Borne Diseases for School Students

As per the guidelines issued by Hon'ble Lt. governor in the presence of officers of MCD, Dept. of Education and other stakeholders, regarding the preparedness for prevention and control of Vector Borne Diseases. We, in school campus, are taking control and preventive measures to maintain cleanliness and hygiene. The following are the do's and don't's for students and parents, as well, FOR PREVENTION AND CONTROL OF VECTOR BORNE DISEASES:

| Do's | Don'ts |
|---|---|
| Keep all the water containers/overhead tanks etc., properly covered. | Don't let water to collect in and around houses., offices, schools, factories etc. |
| Use mosquito repellents on exposed parts during daytime to prevent mosquito bites. | Don't let broken earthenware, tyres, furniture, bottles, pots, flower vase etc., to collect outside or on roof tops. |
| Wear full sleeved clothes and long dresses/trousers that cover arms and legs, especially during epidemic season to prevent mosquito bite. | Don't store water uncovered or in not properly covered containers / tanks. |
| Use mesh doors/windows, mosquito coils, vapour mats etc. to keep mosquito away. | Don't use the old grass of cooler in this season and properly dispose off the same. |
| Use bed nets even during day time especially for infants and small children. | Don't insist for hospitalization in case of Dengue fever unless advised by a doctor, as many dengue patients do not require hospitalization |
| Ensure that there is no water logging on the roof top, in the ground areas around the house and there is no broken furniture or dirt in open spare. | Do not create panic. Dengue, Chikungunya and Malaria are treatable. |

Dengue is a viral disease.

Symptoms

- Abrupt onset of high fever
- Severe frontal headache
- Pain behind the eyes which worsens with eye movement
- Muscle and joint pains
- Loss of sense of taste and appetite
- Measles – like rash over chest and upper limbs
- Nausea and vomiting

Treatment

There is no specific treatment available as such, therefore, symptomatic treatment and case management is only way,

- Don't be panicky as dengue is a self-limiting disease. Patients should be given lots of fluid and drinkables. The patient should be advised to take rest avoid movements and should take rest till recovery phase (3-8) days is not complete. In any fever in the dengue season avoid taking Aspirin (disprins) tablets. Paracetamol tablets are recommended for fever and body ache.
- Consult a doctor and get proper diagnosis at the earliest for appropriate management.

STAY AWARE, STAY HEALTHY. CREATE AWARENESS AMONG COMMUNITY.

With best wishes

(Ms.) Vimmi Jolly
 Principal