**AIS – Dengue Circular**

**Sub: Advisory for Dengue for School Students.**

As you are aware that dengue is more prevalent in September, October and November; therefore, it is mandatory that the students arrive in the school fully covered. They are advised to wear Full Sleeves Shirt, Trouser, Full Legging/Socks & Shoes.

**Sub: Guidelines for Control of Dengue ‘Do's and Don'ts.’**

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<th>Do’s</th>
<th>Don’ts</th>
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<td>Keep all the water containers/overhead tanks etc. properly covered.</td>
<td>Don’t let water to collect in and around houses, offices, schools, factories etc.</td>
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<tr>
<td>Use mosquito repellents on exposed parts during daytime to prevent mosquito bites.</td>
<td>Don’t let broken earthenware, tyres, furniture, bottles, pots, flower vase etc. to collect outside or on roof tops.</td>
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<tr>
<td>Wear full sleeved clothes and long dresses/trousers that cover arms and legs, especially during epidemic season to prevent mosquito bite.</td>
<td>Don’t store water uncovered or in not properly covered containers/tanks.</td>
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<td>Use mesh doors/windows, mosquito coils, vapour mats etc. to keep mosquito away.</td>
<td>Don’t give aspirin/brufen to patients with dengue fever.</td>
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<td>Use bed nets even during day time especially for infants and small children.</td>
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<td>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 space.</td>
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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.

• Patient should be given lots of fluid and drinkables.

• Tile 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.

Thanking you

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