



# Dengue Prevention

What you need to know...

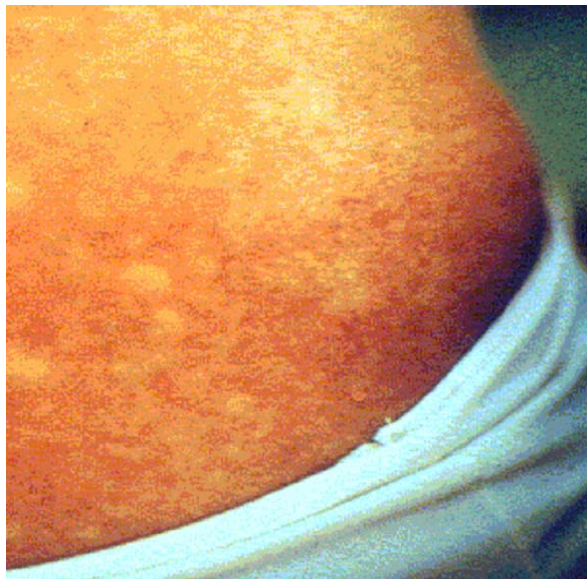
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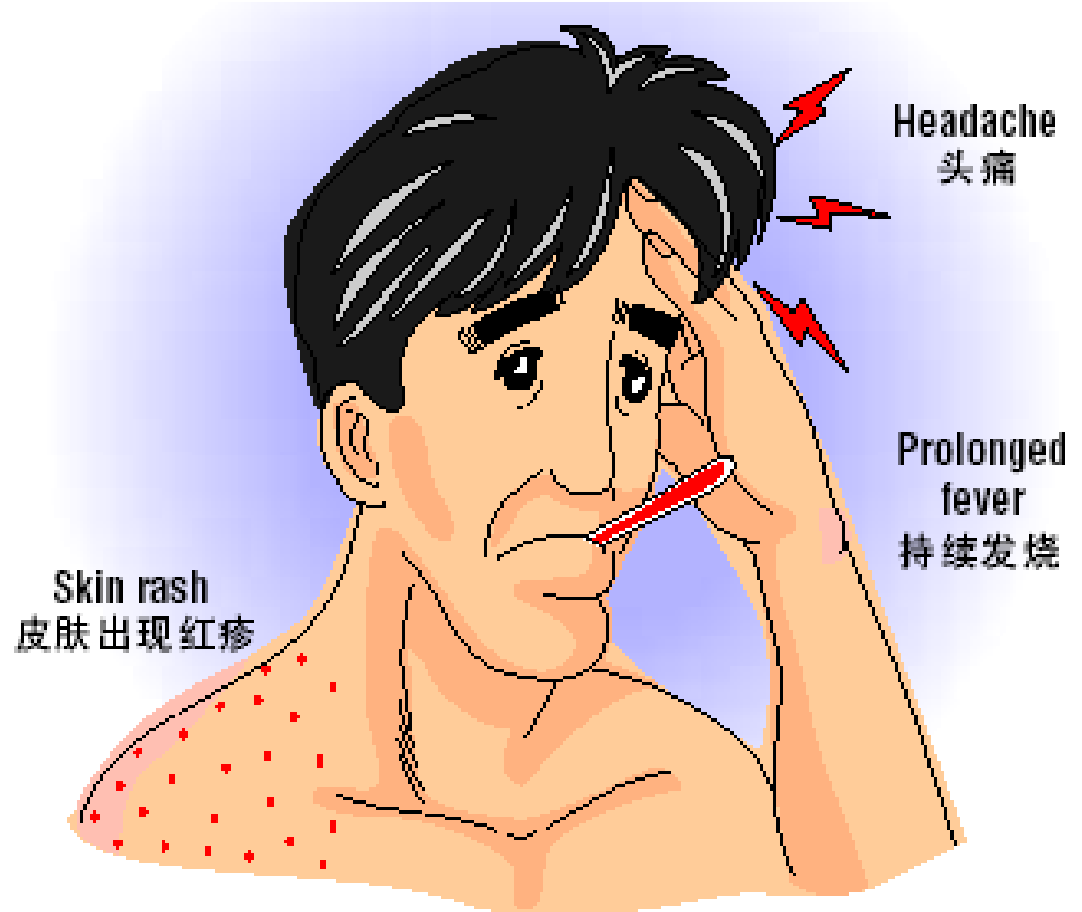
# What is dengue fever?

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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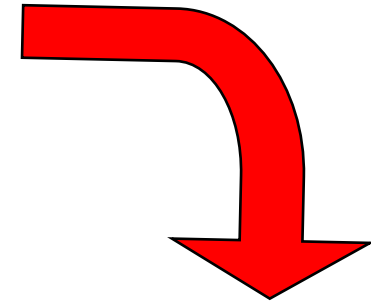
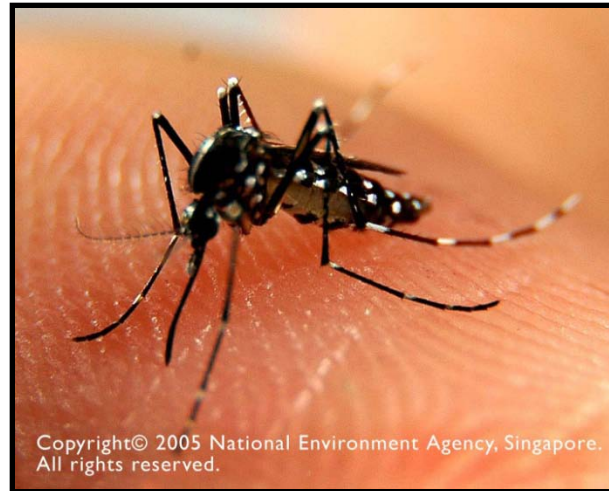
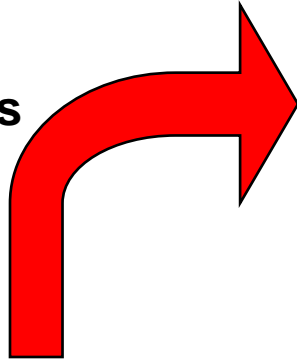
*Close-up of an Aedes mosquito*

# 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



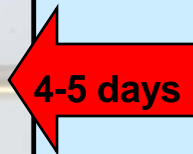
Larvae



Eggs



4-5 days



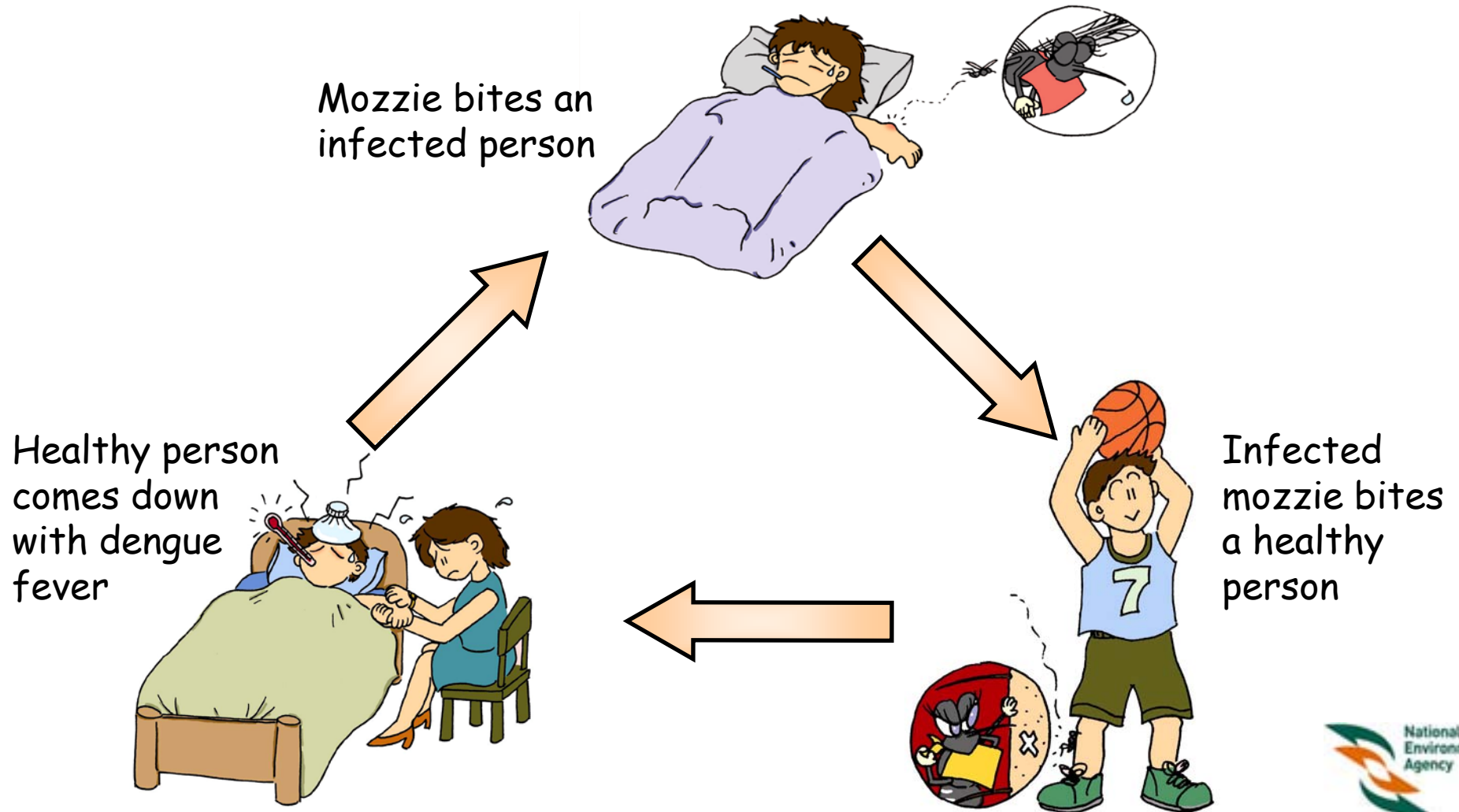
2-3 days



Stagnant water



# How Do *Aedes* Mosquitoes Transmit Diseases...





**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**