



HEALTH ADVISORY

DENGUE

is a viral infection caused by the **dengue virus (DENV)**, which is transmitted to humans through the **bite of infected mosquitoes**. Dengue is found in **tropical and sub-tropical climates** worldwide, mostly in **urban and semi-urban areas**.

While many DENV infections are asymptomatic or produce only mild illness, **DENV can occasionally cause more severe cases, and even death.**

**Mosquitoes spread dengue.
Warmer temperatures can help mosquitoes thrive
and spread the virus faster**

HOT WEATHER CAN AFFECT HOW MOSQUITOES BEHAVE

When the weather gets hotter:

- mosquitoes feed more often by biting humans
- the dengue virus develops faster inside mosquitoes
- This can increase dengue transmission.



DENGUE RISK CAN STILL INCREASE DURING DRY PERIODS

When water is stored in open containers such as:

- buckets
- pails
- drums
- basins

These may become breeding sites for mosquitoes.

Reminder: Cover and clean water containers regularly

WATCH OUT FOR DENGUE SYMPTOMS



High Fever



Severe headache



Pain behind eyes



Muscle and joint pain



Nausea or vomiting



Skin rash

PROTECT YOURSELF FROM MOSQUITO BITES

- Use mosquito repellent
- Use mosquito nets or window screens
- Remove stagnant water around your home

HELP PREVENT DENGUE IN YOUR COMMUNITY

- Keep surroundings clean
- Remove standing water
- Protect your family from mosquito bites
- Tell your friend and neighbours how to stay safe

IF YOU THINK YOU HAVE DENGUE;

- Seek medical attention
- Rest
- Drink plenty of fluids
- Use paracetamol for fever and pain
- Avoid ibuprofen and aspirin unless advised by a doctor

Source: **WORLD HEALTH ORGANIZATION**