

DO's and DON'Ts for Dengue and Chikungunya

DO's	DON'Ts
Cover all water tanks and containers with well fitted lids to prevent breeding of Dengue mosquito	Do not keep water containers open as they can attract mosquitoes to breed.
Empty scrub and dry, coolers every week before refilling to prevent breeding of Dengue mosquitoes. Paint inside of coolers before use in summer	Don't use the old grass of cooler in the next season and properly dispose off the same.
All unused containers, junk materials tyres, coconut shells etc, should be properly disposed off.	Don't throw broken utensils, unused bottles, tins, old tyres and other junks in open as <i>Aedes</i> mosquitoes breed in these objects during rainy season.
Change water in flower vases, plant pots, bird bath every week to prevent Dengue mosquito Breeding.	Don't allow water to stagnate in and around houses in coolers, buckets barrels, flower pots birds baths, freeze trays, coconut shells etc.
Cover the toilet seat if going out of home for more than a week	Don't depend only on platelet count for diagnosis of Dengue
To avoid mosquito bites wear full-sleeved clothing fever to prevent mosquito repellents to prevent Dengue mosquito bites. Put wire mesh on doors and windows to prevent entry of mosquitoes	Do not allow children to wear short sleeved clothes and play in water puddles and stagnant water bodies
Use bed net at home and hospital during dengue fever to prevent mosquito bite and to interrupt transmission, Use aerosol, Vaporizers (Coils/Mats) during day time	Don't insist for hospitalization in case of Dengue fever unless advised by a doctor, as many Dengue patients do not require hospitalization
In case of fever report to hospital and dispensary. Free treatment is available in Govt. Hospitals	Don't ignore to contact Doctor in case of fever

* Desert cooler purchasing for office as well as for residential premises, the National Center for Disease Control (NCDC) cooler should be preferred as no mosquito breeding occurred in their coolers

* Do not create panic Dengue, Chikungunya and Malaria are treatable.

*In case of mosquito breeding is detected by the team constituted by Delhi Cantonment Board, provision of bye laws framed could be invoked under Cantonments Act 2006.