

## PRECAUTIONARY MEASURES TO SAVE YOUR CHILD FROM DENGUE/MALARIA/TYPHOID

- *Do not allow water to stagnate in and around your house.*
- *Don't throw water bottles, toffee, wafer wrappers and other junk as mosquitoes breed in these in the rainy season.*
- *Observe whether all the water containers and water tanks in your living premises are covered.*
- *Change the water in flower pots, water coolers, buckets, barrels, freeze trays etc.*
- *Aedes mosquitoes bite during the day time therefore wear long-sleeved clothing and trousers for protection.*
- *Use mosquito repellants when going to the area exposed to the mosquitoes.*
- *Nails should be cut short once every week.*
- *Wash hands properly with soap and water before consuming food.*
- *Half-cooked/ pre-cooked/refrigerated food should not be consumed.*
- *The expiry date of all packed eatables/drinks should always be checked before consuming.*
- *Plenty of water and fluids should be consumed before stepping out in the heat.*
- *Consumption of water, milkshakes, fruit juices, chat and food material from roadside vendors should be avoided.*

