

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, bird 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 and use 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
Take Paracetamol, plenty of fluids and rest in case of fever	Don't use Aspirin, Ibuprofen, Nimusulide and over the counter medicines for lowering down body temperature
Create awareness among community	Do not create panic. Dengue, Chikungunya and Malaria are treatable.

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