

# DENGUE FEVER & CHIKUNGUNYA PREVENTION

## By Preventing Mosquito Bites!

### MOSQUITOES LIVE

- ★ **INDOORS** - in closets and dark places.
- ★ **OUTDOORS** - in cool shaded areas.



### MOSQUITOES BREED

- ★ In any container that can hold water: drums, old tires, cans, unused bottles, empty plant pots, soakaways, even tree stumps and bottle cap covers.

## Here are some prevention tips that you can follow:

- Tightly cover water and septic tanks.
- Ensure that all garbage (cans, unused bottles, empty plant pots, etc.) are stored in a covered trash can.
- Turn containers face down when not in use.
- Fill in all water puddles with sand or quarry (fill).
- Completely screen all windows and doors to keep mosquitoes out of the house.
- Burn mosquito coils or coconut bark. The smoke stops mosquitoes from coming around.
- Wear light coloured, long sleeved shirts and long pants
- Apply mosquito repellent to the skin.

### Kill the Adult Mosquito by:

Using insecticides to spray your homes  
(Follow the instructions on the container)

## NEIGHBOURS, GET INVOLVED!

Spread the word about mosquito prevention to family, friends, co-workers and neighbours



Health Education Division  
Ministry of Health  
P. O. Box N-3729  
Tel: (242) 322-1187 or 322-1025  
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## PROTECT YOUR FAMILY

- Burn coconut bark or mosquito coils in the afternoons. The smoke from the coils kill mosquitoes
- Use mosquito nets and insect repellents to protect your family from mosquito bites
- Put screens at windows and doors to prevent the entry of adult mosquitoes into homes.

## Communities Can Stop Dengue

Learn about the mosquito which causes dengue. Note where it breeds and how to eliminate its breeding sites.

Keep your community clean and encourage your neighbours to do the same.

Use old tires to start vegetable gardens. Do not let water settle in them.

Spread the word about the dangerous dengue causing mosquito.

Stop mosquitoes from breeding in your community. Get everyone in your neighbourhood involved - parents, children, teachers, church members and other groups.



# DENGUE FEVER



For further information contact the  
Department of Public Health at  
(242) 502-4790.

Family Island residents, please contact  
your nearest Community Health Clinic.



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## WHAT YOU NEED TO KNOW

*Community help is important because anyone can get dengue.*

## HERE ARE THE FACTS!

The **Aedes Aegypti** Mosquito causes **Dengue**. The mosquito is a domestic pest and lays its eggs in water.

Dengue fever and Dengue Haemorrhagic Fever (DHF) can spread quickly, affecting many people and resulting in illness and loss of life.

### WHAT IS DENGUE FEVER?

Dengue Fever is a serious viral disease caused by the bite of an infected *Aedes Aegypti* mosquito.

Dengue fever causes a severe flu-like illness, affecting both children and adults.

Dengue Haemorrhagic Fever is a more severe form of dengue. It causes bleeding and death. DHF can be very serious in affected persons.

### WHAT ARE SIGNS OF DENGUE?

Dengue fever may cause:

- Sudden high fever
- Severe headache, especially in the forehead
- Pain behind eyes, which worsen with eye movement
- Muscle and joint pains
- Loss of appetite
- Measles-like rash over chest and upper limbs
- Nausea and vomiting

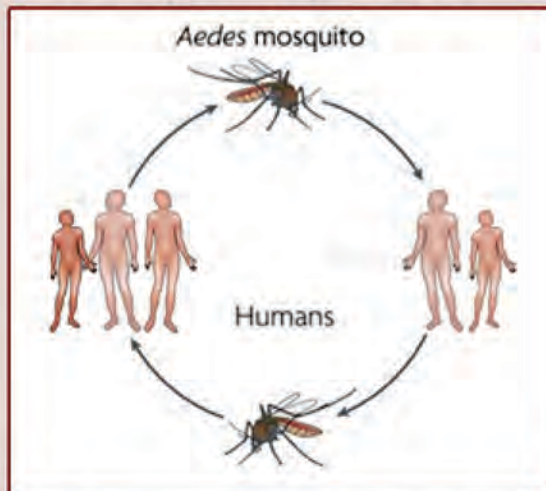
DHF may cause similar symptoms, plus:

- Severe and continuous stomach pains
- Pale, cold, moist skin
- Vomiting (bringing up blood)
- Sleepiness and restlessness
- Constant crying (children)
- Dry mouth
- Difficulty breathing
- Fainting

If you are experiencing any of these symptoms, you should see your doctor immediately.

### HOW IS DENGUE SPREAD?

The mosquito gets infected with the dengue virus when it bites a person who already has dengue or DHF.



For about a week the virus multiplies inside the mosquito, after which it bites a healthy person, who soon develops symptoms of dengue fever.

### The Mosquito Lives:

**Indoors:** In closets and dark places.

**Outdoors:** In cool shady areas.

They breed in any container that can hold water – water barrels, drums, flower vases, plant saucers, soak away, old tires, even tree stumps with holes in them.



Flower Pot Plate



Toilet Bowl Collar



Tree Hole



A/C Tray



Roof Gutter



Garbage

### YOU CAN PREVENT DENGUE

- Check your yard regularly.
- Cover or close water containers tightly.
- Turn empty containers face down.
- Seal septic tanks and soak-away properly.
- Dispose of garbage properly – water can collect and mosquitoes will breed in cans and bottles.
- Remove water in plant pot plates. Clean and scrub the plate thoroughly to remove mosquito eggs.
- Every other day change water in flower vases. Clean and scrub the inner sides of vases.

*You cannot tell if the mosquito is infected with dengue. That is why you must take precautions.*

# PREVENTION

## YOU CAN PREVENT CHIKUNGUNYA BY:

- ✓ Covering exposed skin, by wearing *light-coloured, long-sleeved shirts, long pants, and hats, especially at dusk and dawn.*
- ✓ Using mosquito nets for infants and ill people during the day, along with insect repellents to protect your family from mosquito bites.
- ✓ Putting screens at windows and doors to prevent the entry of adult mosquitoes into homes.
- ✓ If you are also using sunscreen, apply sunscreen first and insect repellent second.



# TREATMENT

It is recommended that you drink plenty of water and take panadol (*do not take aspirin*).

## COMMUNITIES CAN STOP CHIKUNGUNYA?

Learn about the mosquito which causes Chikungunya. Note where it breeds and how to eliminate its breeding sites.



Keep your community clean and encourage your neighbors to do the same.

Spread the word about the dangerous *Aedes aegypti* mosquito that causes Chikungunya.

Stop mosquitos from breeding in your community. Get everyone in your neighborhood involved - parents, children, teachers, church members and other groups.

People at increased risk for severe disease should consider not traveling to areas with ongoing Chikungunya outbreaks.

If you are sick with Chikungunya Fever, avoiding mosquito bites will help prevent further spread of the virus.

For more information about Chikungunya contact the **Surveillance Unit** at 242-502-4790, or visit your nearest community health clinic.

In Grand Bahama, contact the **Surveillance Unit**

Tel: (242) 350-6700 ext. 2353 or (242) 359-4541  
Fax: (242) 352-5675



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See [www.cdc.com/health/chikungunya](http://www.cdc.com/health/chikungunya)  
for more information

# CHIKUNGUNYA



## WHAT YOU NEED TO KNOW



*Community help is important because anyone can get Chikungunya .*

## HERE ARE THE FACTS:

The *Aedes aegypti* and *Aedes albopictus* mosquito transmit **Chikungunya**, as well as **Dengue Fever**. The *Aedes aegypti* mosquitoes, found in abundance in The Bahamas, live in a wide range of different environments.

Water is needed for mosquitoes to live and grow. It is important that everybody take action to avoid water collecting and settling in open containers especially in, or near, their homes.

## WHAT IS CHIKUNGUNYA ?

Chikungunya is a serious viral disease caused by the bite of an infected *Aedes aegypti* or *albopictus* mosquito. This mosquito bites during the day, especially at dusk and dawn, both indoors and outdoors, and often lives in and around buildings.

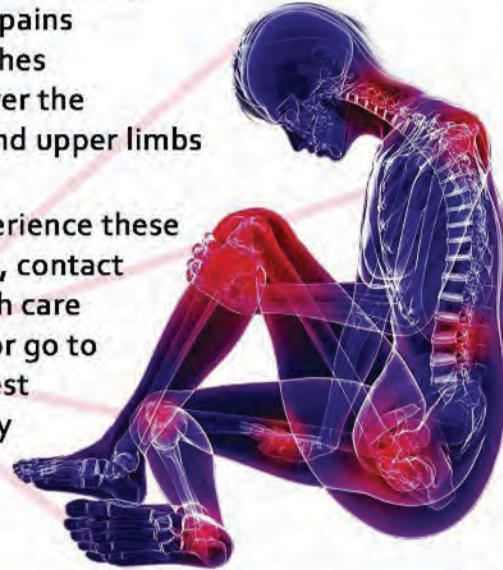


## WHAT ARE THE SIGNS OF CHIKUNGUNYA?

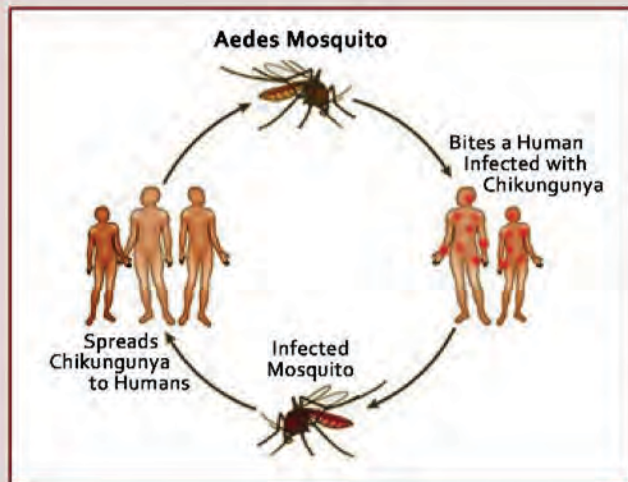
Chikungunya may cause:

- Sudden high fever greater than 101°F
- Severe joint pain usually in the wrists, ankles or knuckles
- Muscle pains
- Headaches
- Rash over the chest and upper limbs
- Nausea

If you experience these symptoms, contact your health care provider, or go to your nearest community clinic.



## HOW IS CHIKUNGUNYA SPREAD?



The mosquito gets infected with the Chikungunya virus when it bites a person who already has Chikungunya.

For about a week the virus multiplies inside the mosquito, after which it bites a healthy person, who soon develops symptoms of Chikungunya.

## The Mosquito Lives:

- **INDOORS:** In closets and dark places.
- **OUTDOORS:** In cool shady areas.

They breed in any container that can hold water - water barrels, drums, flower vases, plant saucers, septic tanks, old tires, even tree stumps with holes in them.



Flower Pot Plate



Roof Gutter



A/C Tray



Garbage



Tree Holes



Empty Barrels

## You can prevent Chikungunya by:

- ✓ Covering or closing water containers tightly.
- ✓ Keeping empty containers turned down.
- ✓ Seal septic tanks and soak-aways properly.
- ✓ Disposing of garbage properly (*water can collect and mosquitos will breed in cans and bottles*).
- ✓ Removing water in plant pot plates. Clean and scrub the plate thoroughly to remove mosquito eggs.
- ✓ Every other day change the water in flower vases. Clean and scrub the inner sides of vases.
- ✓ Burning coconut bark or mosquito coils in the afternoons; the smoke from the coils repels mosquitos.



**You cannot tell if the mosquito is infected with Chikungunya ... This is why you must take precautions!**