



START YOUR MOZZIE WIPEOUT

DENGUE PREVENTION

Let's Learn!

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What is Dengue Fever?

A **Viral Infection**
that causes flu-like illness

Four Serotypes
(Den -1, -2, -3, -4)



Transmitted by the
Aedes Mosquito

No cross immunity (antibodies
against one Den serotype will not
confer immunity against the other
three)

The *Aedes* Mosquito

Black with **WHITE** stripes

Usually bites during the **DAY**

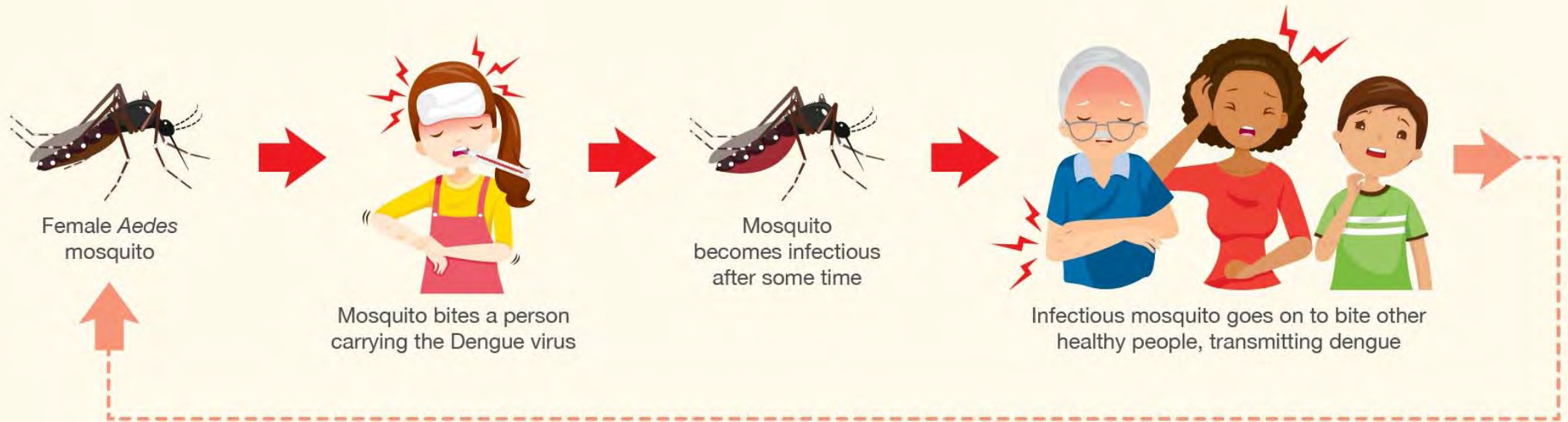
Breeds in clean,
STAGNANT
water



Only **FEMALE**
mosquitoes bite and suck
blood whereas males feed on
plant juices

The female mosquito can lay eggs about 3 times in its lifetime, and can
lay about **100** eggs each time

Dengue Transmission Cycle



Symptoms of Dengue Fever



Fever



Headache and pain
behind the eyes



Rashes



Loss of Appetite



Nausea



Muscle and Joint Pain



Vomiting

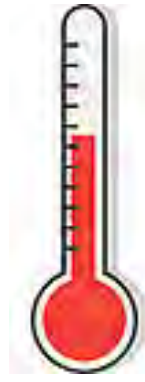
Consult a doctor if you experience these symptoms

Severity of Dengue Fever



1st Level:
Dengue Fever

A rash usually appears 3-4 days after the onset of fever. The illness can last up to 10 days, but complete recovery can take as long as a month.



2nd Level:
Dengue Hemorrhagic Fever

Bleeding may occur from the nose, mouth and gums. Bruises may appear and this can be a sign of bleeding inside the body.



3rd Level:
Dengue Shock Syndrome

Without prompt treatment, a person with Dengue Haemorrhagic Fever can go into shock, also known as Dengue Shock Syndrome. Severe cases may be fatal.

Have you seen these banners around your home?



Yellow: You are in a dengue cluster with less than 10 cases and should take some precautions



Red: You are in a dengue cluster with 10 or more cases and should take additional precautions



Green: You are not in a dengue cluster but should remain alert



Purple: You are in an area where there are a lot of Aedes Mosquitoes and should be alert

Do you know the B-L-O-C-K steps?

Remove stagnant water in our homes to prevent mosquito breeding.

Do the B-L-O-C-K steps!



BREAK

up hardened
soil



LIFT

and empty
flowerpot plates



OVERTURN

pails and wipe
their rims



CHANGE

water in
vases



KEEP

roof gutters clear and
place BTI insecticide

Let's do the S-A-W Steps!

Practise the S-A-W steps when your home or school is in a dengue cluster!



SPRAY
insecticide in dark corners
around the house



APPLY
insect repellent
regularly



WEAR
long-sleeve tops
and long pants

How to apply Insect Repellent?

Applying on body

1. Hold 15cm to 20cm away from skin and spray in a slow sweeping motion.



2. Spread evenly on exposed skin.



3. Spray on clothing to prevent bites through clothing. Do not spray into the air.



Applying on face and neck

1. Spray on palm of hand.




2. Spread evenly on palm.



3. Pat around face and neck, avoiding eye and mouth areas. Do not spray or apply to eyes and mouth.



What else can you do to prevent dengue?

- Remind your parents or caregivers to do the B-L-O-C-K steps at least once a week.
- Check and remove all stagnant water in classrooms or at home
- Apply repellent to protect yourself and others if you have dengue
- Download the myENV app  to stay updated on dengue clusters around your home or visit our website at nea.gov.sg

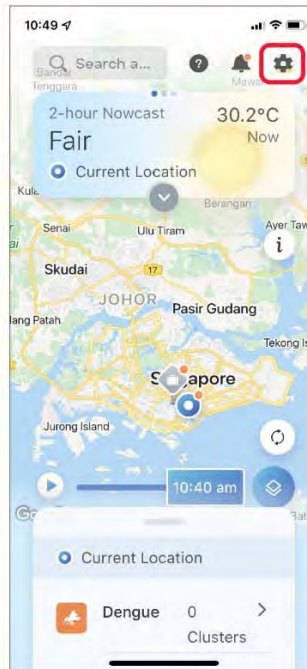
Download the myENV app and set up alerts

Step-by-Step Guide

to set notification for dengue clusters and areas with high *Aedes aegypti* mosquito population in myENV app

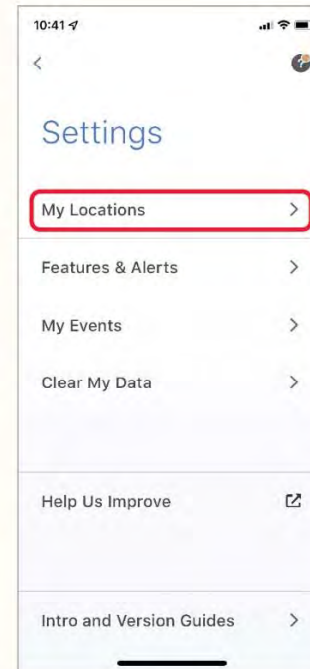
STEP 1

Tap the setup icon.



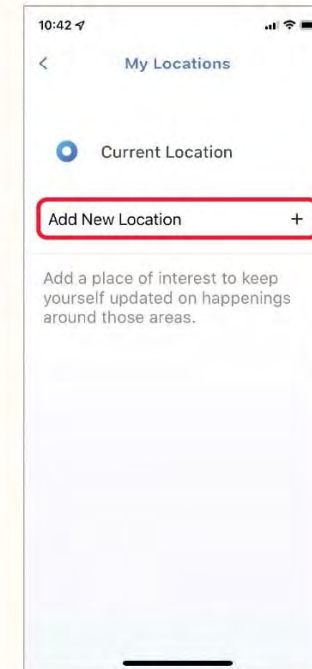
STEP 2

Tap "My Locations".



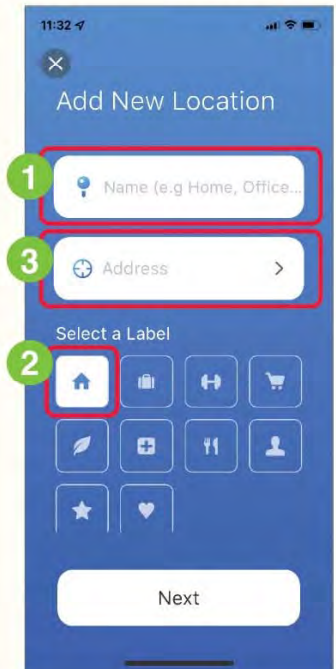
STEP 3

Tap "Add New Location".



STEP 4

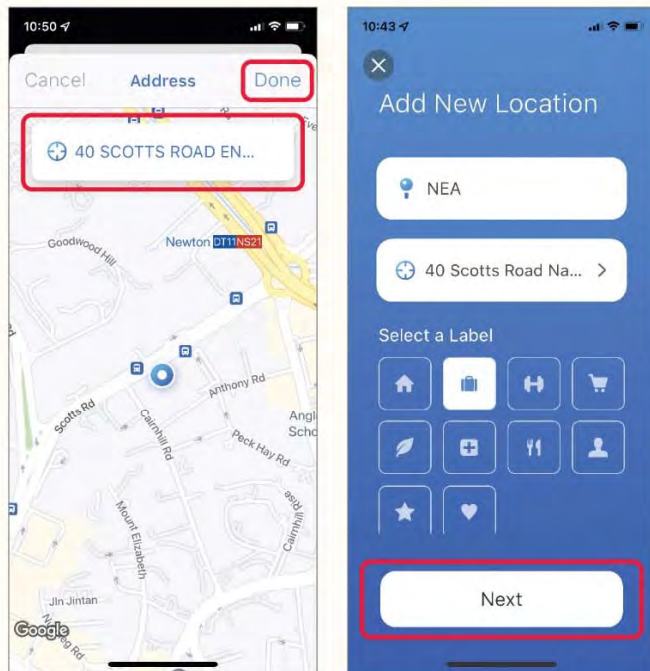
Enter name of location; select a label to match the location; enter address of location.



Download the myENV app and set up alerts

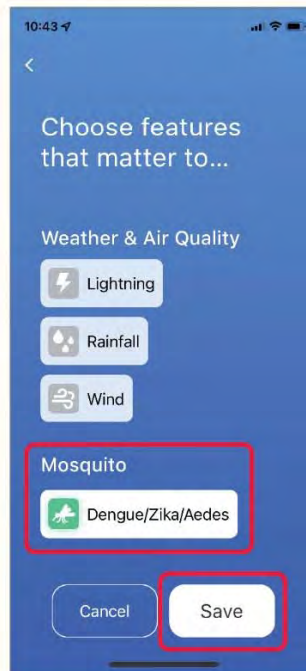
STEP 5

Enter address of location, tap "Done".
Tap "Next".



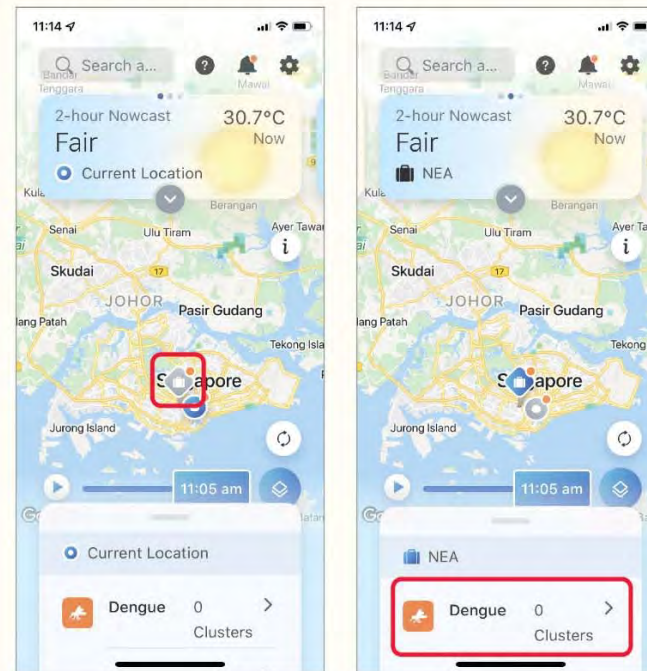
STEP 6

Tap "Dengue/Zika/Aedes".
Tap "Save".



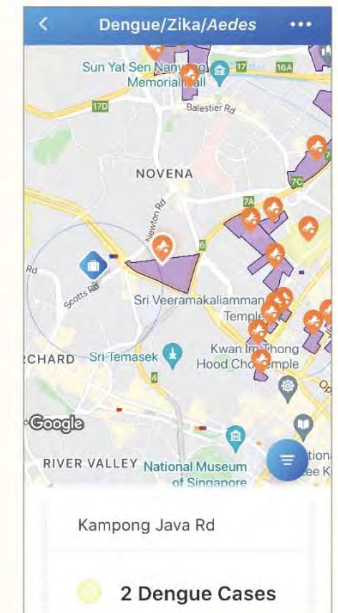
STEP 7

Return to home screen. Tap location icon.
Scroll down, tap "Dengue".



STEP 8

Map of the nearest dengue cluster or area with high *Aedes* mosquito population will be shown.



Our Environment
Safeguard • Nurture • Cherish