

DO's and DON'TS for Dengue, Chikungunya & Malaria

DO's	DON'TS
Cover all water tanks and containers with well fitted lids to prevent breeding of mosquitoes.	Do not keep water containers open as they can attract mosquitoes to breed.
Empty, scrub and dry the room coolers every week before refilling to prevent breeding of mosquitoes. Paint the insides of coolers before use.	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 Aedes mosquitoes breed in these objects.
Change water in flower vases, plant pots, bird pots every week to prevent mosquito breeding.	Don't allow water to stagnate in and around houses.
Cover the toilet seat if going out of home for more than a week.	Don't insist for hospitalization in case of fever unless advised by a doctor.
To avoid mosquito bites wear full-sleeved clothing and use mosquito repellents. 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.	Do not create panic. Dengue, Chikungunya and Malaria are treatable.