

**Prevention and Control of Vector Borne Diseases
(Dengue, Chikungunya & Malaria).**

The rainy season is most conducive for vector borne diseases like Dengue, Chikungunya & Malaria which spread during this time every year. These are all mosquito generated diseases and sometimes gain epidemic proportions, if preventive measures are not taken. Prevention is the best method to control any disease. In order to control and prevent the outbreak of Dengue, Chikungunya & Malaria, it is essential to prevent breeding of mosquitoes.

**DO's and DON'Ts
for Dengue, Chikungunya and Malaria**

DO's	DON'Ts
Cover all water tanks and containers with wellfitted lids to prevent mosquito breeding.	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 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 Aedes mosquitoes breed in these objects during rainy season.
Change water in flower vases, plant pots, birdbath every week to prevent 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 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 & Malaria are treatable.

All these activities to be carried out by following

"COVID-19 Appropriate Behaviour"

- Wear Mask Properly**
- Wash Hands Frequently**
- Maintain Social Distancing**