



M. C. Kejriwal Vidyapeeth
Notice (2017 – 2018)



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Dear Parents,

A large number of people are getting affected by Dengue. Please read the information given below on Dengue and take necessary precautions.

Awareness: Dengue fever is a disease caused by a family of viruses that are transmitted by mosquitoes. Awareness is the first step in prevention. People should make sure they are aware of whether there is a risk of dengue infection and be ready to protect themselves if they are travelling to a region where infection is common.

Causes: There is no human-to-human dengue fever transmission. Once a mosquito is infected, it remains infected for its life span. A human can infect mosquitoes when the human has a high number of viruses in the blood (right before symptoms develop).

Symptoms: The symptoms of dengue fever usually develop around 3 to 14 days after a person is exposed to the virus. The major symptoms of dengue fever include:

- Very high fever that may be accompanied by chills or severe shivering
- Severe headache and eye pain
- Severe weakness and fatigue
- Severe pain in the bones, and joints. Severe muscle pain in the lower back, arms and legs
- Nausea and vomiting
- Abdominal cramps
- Loss of appetite

Treatment: There are no specific medications for treating dengue fever. The viral infection usually resolves within a week or two and in the meantime, the illness can be managed using paracetamol to relieve pain and fever. Some examples of the treatments advised for dengue infection include:

- Plenty of bed rest
- Staying well hydrated by drinking lots of water. Paracetamol can be taken to relieve symptoms of pain and fever.
- Recovery may take up to six weeks, during which time the patient may be weak and susceptible to secondary infections. Appropriate rest, nutrition and care are necessary during this period.

Prevention: Simple precautionary measures such as wearing clothes that cover the whole body, sleeping under a mosquito net at night and using an insect repellent can help. An insect repellent should be sprayed on the skin and around the sleeping area. Repellent applied to the skin needs to be re-applied frequently. The most effective repellents are available in the form of sprays, roll-ons, sticks and creams to prevent bites.

Home Remedies for Dengue Treatment

Neem leaves juice is one of the ancient home remedies for dengue and malaria. Water is also one of the important home remedies for dengue treatment. Drinking more water, keep you hydrated and reduces symptoms of cramps and headache. Water eliminates and flushes the toxins. You can have soup, lemon juice or orange juice if you do not like to drink normal water. Hence keep in mind to drink plenty of water and keep yourself hydrated to fight dengue.


Principal