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
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.

For further information contact the Department of Public Health at (242) 502-4790.
Family Island residents, please contact your nearest Community Health Clinic.

Health Education Division
Ministry of Health, P. O. Box N-3729
Nassau, The Bahamas
Telephone: (242) 322-1025 or 322-1187
Fax: (242) 328-0079
healtheducationdivision@bahamas.gov.bs
www.bahamas.gov.bs/health

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.

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.

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.

Course of Illness and Outcomes:
Most patients feel better within a week.
- Some people may develop longer-term joint pain.
- People at increased risk for severe disease include newborns exposed during delivery, older adults (≥65 years), and people with medical conditions such as high blood pressure, diabetes, or heart disease.
- Deaths are rare.

TREATMENT
It is recommended that you drink plenty of water and take paranol (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 mosquitoes 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 242-602-4790, or visit your nearest community health clinic.

In Grand Bahama, contact the Surveillance Unit
Tel: (242) 350-6700 ext. 2553 or (242) 359-4541
Fax: (242) 352-5675

GRAND BAHAMA HEALTH SERVICES
East Atlantic Drive
P.O. Box: F40071
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HEALTH EDUCATION DIVISION
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APRIL 2014
See www.cdc.com/health/chikungunya for more information

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 ARE THE SIGNS OF CHIKUNGUNYA?**

Chikungunya may cause:
- Sudden high fever greater than 103°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.

**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.

**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.

**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 mosquitoes.

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