

डेगू पर वार, हर धर हैं तेंचार

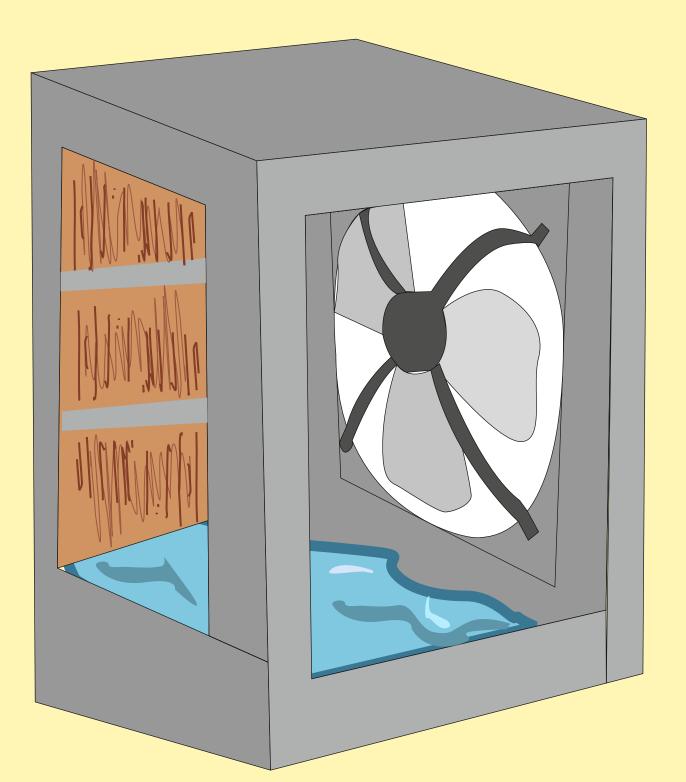
बारिश के मौसम में डेंगू की बीमारी बहुत ज़्यादा फैल जाती है। घबराने की नहीं है जरूरत। थोड़ी सावधानी बरतने की है ज़रूरत।



गमले, फूलदान या घर के आस-पास कहीं भी पानी जमा न होने दें।



क्वाड टूटे बर्तन, बोतल, टिन, टायर



कूलर के पानी को हर सप्ताह खाली करें या उसमें थोड़ा पेट्रोल/तेल डाल दें।



पानी की टंकी, बाल्टी व अन्य बर्तनों को पूरी तरह ढक कर रखें



पूरे शरीर को ढ़कने वाले कपड़े पहने एव मच्छर भगाने वाली



बुखार के समय घर व अस्पताल में मच्छरदानी का नियमित इस्तेमाल करें।

उपचार दिल्ली सरकार के अस्पताली एवस्वास्थ्य केन्द्रों मे











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

DO's	DON'Ts
Cover all water tanks and containers with well	Do not keep water containers open as they can
fitted lids to prevent mosquito breeding	attract mosquitoes to breed
Empty, scrub and dry, coolers every week	Don't use the old grass of cooler in the next
before refilling to prevent breeding of	season and properly dispose off the same
mosquitoes. Paint inside of coolers before use	
in summer	
All unused containers, junk materials, tyres,	Don't throw broken utensils, unused bottles,
coconut shells etc. should be properly disposed	tins, old tyres and other junks in open as Aedes
off	mosquitoes breed in these objects during rainy
Change and in Change and the Lind	season
Change water in flower vases, plant pots, bird	Don't allow water to stagnate in and around
bath every week to prevent mosquito	houses in coolers, buckets, barrels, flower pots,
breeding Cover the toilet seat if going out of home for	bird baths, freeze trays, coconut shells etc Don't depend only on platelet count for
more than a week	diagnosis of Dengue
To avoid mosquito bites wear full-sleeved	Do not allow children to wear short sleeved
clothing and use mosquito repellents to prevent	clothes and play in water puddles and stagnant
mosquito bites. Put wire mesh on doors and	water bodies
windows to prevent entry of mosquitoes	
Use bed net at home and hospital during	Don't insist for hospitalization in case of
dengue fever to prevent mosquito bite and to	Dengue fever unless advised by a doctor, as
interrupt transmission, Use aerosol, vaporizers	many Dengue patients do not require
(Coils/Mats) during day time	hospitalization
Take Paracetamol, plenty of fluids and rest in	Don't use Aspirin, Ibuproffen , Nimusulide
case of fever	and over the counter medicines for lowering
	down body temperature
Create awareness among community	Do not create panic.
	Dengue, Chikungunya and Malaria
	are treatable.
