

Pioneer - Viva City

Prevent dengue fever

R S Mishra

Dengue fever is a flu-like illness spread by a bite of an infected mosquito Aedes mosquito. The mosquito transmits the disease by biting an infected person and then biting someone else. In Delhi also Dengue cases have been reported which are higher than what was reported during the corresponding period of last year.

The present climate, which is between 28-30 degree Celsius with high humidity, is conducive to breeding of the Aedes mosquito. Rising temperature, change of rainfall (either high or low and its timing) and humidity in the country leads to these infectious diseases. Studies suggests that while intensified rainfall favours mosquito breeding, rising temperature along with humidity increases its survival period during the adult phase and hence the disease transmission capacity of each mosquito magnifies several times.

Causes and Effects

Dengue is an infectious disease caused by any one of four serotypes of dengue virus, which is transmitted by the bite of an infected female Aedes aegypti mosquito.

Symptoms at a glance:

- Dengue fever usually starts suddenly with a high fever, rash, severe headache, pain behind the eyes, and muscle and joint pain.
- The severity of the joint pain has given dengue the name "break bone fever."
- Nausea, vomiting, and loss of appetite are common.



· A rash usually appears three to four days after the start of the fever.

· The illness can last up to 10 days, but complete recovery can take as long as a month.

· Older children and adults are usually sicker than young children.

· Most dengue infections result in relatively mild illness, but some can progress to dengue hemorrhagic fever.

· Dengue hemorrhagic fever is fatal in about five percent of cases, mostly among children and young adults.

Treatment:

· Avoid taking Aspirin, Dispirin and Brufen tablets

to the patient as it is known to increase the bleeding tendency and also it increases the stomach pain.

According to WHO and the American Academy of Pediatrics "Paracetamol is the first-line treatment for fever and pain in children". Keep the fever low by taking paracetamol tablet like Crocin or Calpol or syrup. Give plenty of fluids to the patient. Continue normal feeding. Allow the patient to rest. Wear insect repellent. If you have dengue fever, mosquitoes that bite you may pass dengue on to other people.

Mishra is a senior Consultant Physician, Max Super Speciality Hospital