

DESTROY MOSQUITO BREEDING PLACES



Get rid of all old tyres and used coconut shells



Empty tins, bottles, damaged buckets and drums



Cover stored water drums securely



Cut grass and clean your compound regularly



Cover base of flower vases with soil

HOW CAN I PROTECT MYSELF?

The best way to protect myself from dengue is to avoid mosquito bites. This means:



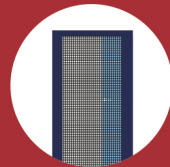
Apply insect repellent when outdoors



Use mosquito nets or mosquito coils safely when sleeping



Stay indoors



Install mosquito screens on my windows and doors

Visit your nearest health centre if you have any of the signs and symptoms of dengue fever.



For more information visit www.health.gov.fj



MINISTRY OF HEALTH
& MEDICAL SERVICES

DENGUE FEVER

FIGHT THE BITE

STOP DENGUE



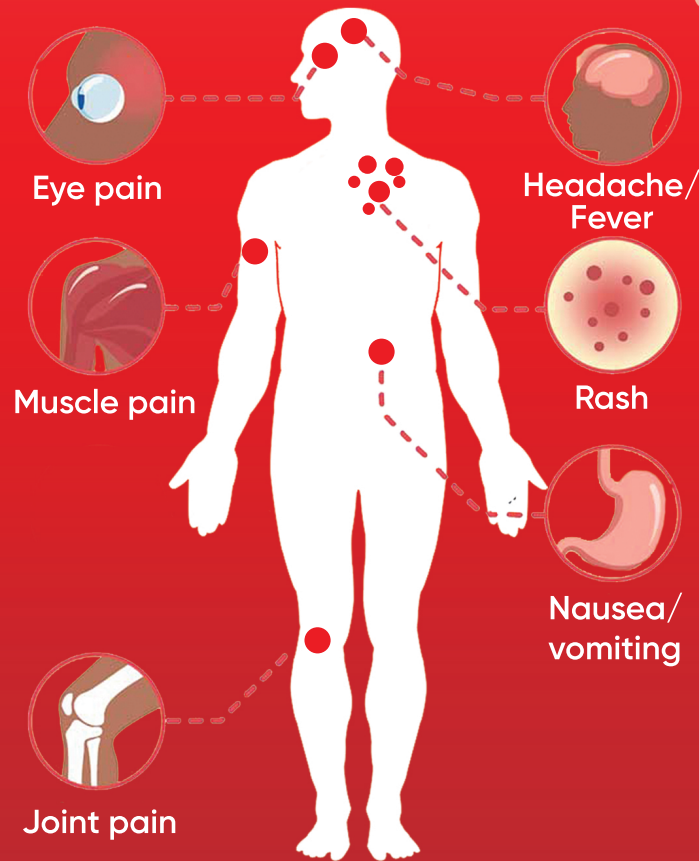
WHAT IS DENGUE FEVER?

- A painful and debilitating disease that is spread by mosquitoes (aedes aegypti) carrying the dengue virus.
- Affects millions of people around the world each year and it can be deadly.
- No specific treatment for dengue.
- Dengue is commonly found in tropical and sub-tropical climates worldwide, mostly in urban and semi-urban areas.

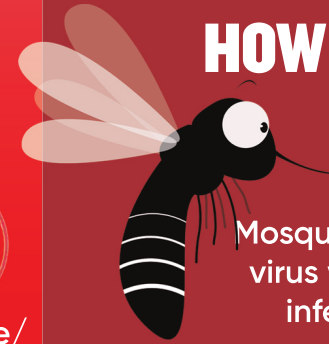
The incubation period* for dengue is usually 4-10 days after the bite of the infected mosquito.

**The incubation period is the time from when you were bitten by a dengue mosquito until you show the first symptoms*

SYMPTOMS OF DENGUE



HOW IS IT SPREAD?



Mosquito contracts the virus when it bites an infected person.

Mosquito is then infective for the rest of its life and can spread the virus every time it bites someone.



Mosquito that spreads dengue fever is often found in urban areas and in man-made containers (e.g. tyres, drums etc.)

