



MINISTRY OF HEALTH
& MEDICAL SERVICES



PROTECT YOURSELF FROM DENGUE FEVER



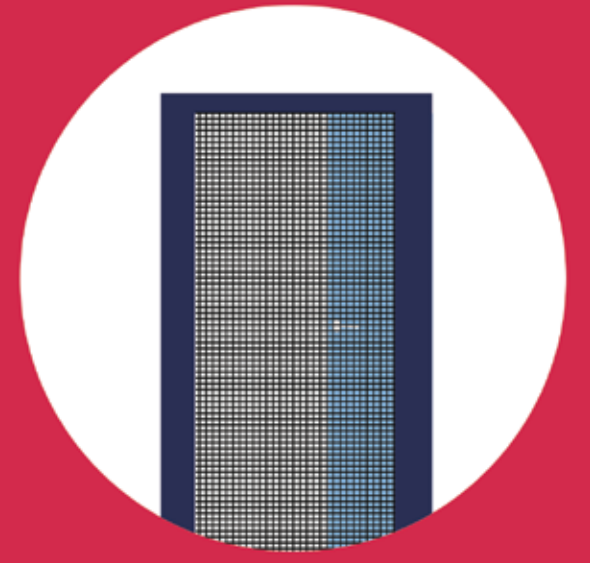
Apply insect repellent when outdoors



Use mosquito nets or mosquito coils safely when sleeping



Stay indoors



Install mosquito screens on your windows and doors

DESTROY MOSQUITO BREEDING PLACES



Get rid of all old tyres and used coconut shells



Empty tins, bottles, damaged buckets or drums



Cover stored water drums securely



Cut grass and clean your compound regularly



Cover base of flower vases with soil

SIGNS AND SYMPTOMS

1



Fever
Headache

2



Eye Pain

3



Rash

4



Muscle Pain

5



Abdominal pains
Vomiting
Nausea

