

Dengue: Individual and Community Interventions

Dengue is best prevented by individual and community action
Preventive actions are self explanatory for individuals and communities, if **2 basic points** are understood:

- 1. where mosquitoes live, rest and breed**
- 2. mosquitoes biting during the day, give dengue to humans**

Live - Inside and outside houses and in dark shady places

Rest - *Inside houses:* in cupboards, dark corners, on clothing, etc

Outside houses: where it is cool and shaded, nearby houses

Breed - Eggs are laid by mosquitoes inside water containers inside and outside homes, schools and other areas in towns or villages, e.g; jars, pots, buckets, flower vases, plant saucers, water containers, barrels, drums, tanks, discarded bottles, tins, tyres and places where rain-water collects or is stored. **The mosquitoes that spread dengue come from these containers**

Bite - Mosquitoes spread dengue when biting people during daytime

Populations at risk: Dengue is a leading cause of serious disease and death in children but adults, including international staff, are also at risk.

Season in Myanmar: Main dengue season is May - October

Treatment: None specific; only supportive therapy

Individual Actions

- Wear clothing that covers most parts of the body, specially the limbs, to reduce exposure to mosquito bites
- Use mosquito repellent during the day. Manufacturer instructions must be strictly adhered to.
- Use mosquito coils when indoors
- Use mosquito nets to protect people sick with dengue - mosquitoes become infected when they bite people who are sick with dengue. Mosquito nets and mosquito coils will prevent mosquitoes from biting sick people and help stop the spread of dengue to healthy people
- Use mosquito nets to protect all those sleeping during the day e.g. babies, young children, elderly people

Community Actions

- Empty and scrub water storage containers once a week, or cover tightly to prevent mosquito entry.
- Collect and permanently remove from inside and outside the house all discarded objects where water collects e.g., bottles, tins, tyres, plastic containers
- Empty water, scrub inside and refill plant bowls, saucers, flower vases including in spirit houses once a week.
- Discard solid waste to prevent collection of water close to houses, schools and other places of gathering

Source: WHO office Myanmar