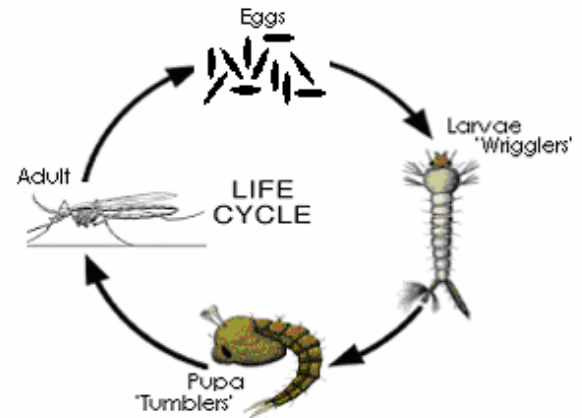


# DENGUE FEVER








## THE 'DENGUE MOSQUITO'

Dengue Fever is transmitted to people by the bite of an infected *Stegomyia aegypti* (previously known as *Aedes aegypti*) mosquito. The virus is not directly contagious and cannot be spread directly from person to person. Unlike most mosquitoes, *Stegomyia aegypti* rarely bite at night. Bites most often occur two hours before sunset or after sunrise, however they may bite during the day. The 'Dengue Mosquito' is often referred to as being 'domesticated', as it prefers to live around people's homes, and will rest in dark places such as wardrobes, under beds and under tables.



*Stegomyia aegypti* lay eggs in areas of resting fresh water. These eggs then undergo the following cycle, which can be completed in as little as a week.

## COMMON DISEASE SYMPTOMS

-  Sudden onset of fever, lasting 3-7 days.
-  Intense headache and pain behind the eyes.
-  Muscle and joint pain.
-  Loss of appetite, vomiting and diarrhoea.
-  Skin rash.
-  Minor bleeding (from the nose or gums).
-  Extreme fatigue.

Recovery from Dengue Fever can include prolonged fatigue and depression – this varies in length from person to person but may last several months.

Dengue Haemorrhagic Fever is a more serious form of Dengue Fever and is caused by reinfection by different dengue types.

## TREATMENT

Medical attention should be sought immediately if you suspect you or another family member has been infected with dengue fever. Whilst there is no specific medication or course of treatment to cure Dengue Fever, your doctor is able to provide treatment to make the symptoms less severe.

# DENGUE FEVER

## CHECKLIST OF BREEDING SITES AROUND YOUR HOME

The following is a checklist of possible breeding sites around your house and garden for the 'Dengue Mosquito'. This list can be used to check for breeding around your home.

- Pot Plant Bases
- Discarded Tyres
- Tarpaulins
- Fallen Palm Fronds
- Buckets
- Tin Cans/Plastic Containers
- Coconut Shells
- Boats/Children's pools
- Roof Guttering/Drain Sumps/Street Gutters
- Pet Bowls
- Tree holes/Bromeliads/Plants
- Water Plants
- Ponds
- Car Bodies
- Storm Water Drain Pipes
- Water Features/Bird Baths
- Swimming Pool Skimmer Boxes
- Children's Toys
- Wells/Bores/Rain Water Tanks
- Bricks/Blocks
- Flower Vases
- Old Washing Machines
- Refrigerator Drip Trays

The 'Dengue Mosquito' does not breed in rivers, swamps and salt water.

## I HAVE NOTICED SOME MOSQUITO BREEDING AROUND MY HOME, WHAT DO I DO?

**Tip them out!** Tip out containers that can hold water.

**Store them dry!** Store containers in a dry place.

**Throw them out!** Throw out container you don't need.

## WHAT CAN I DO TO PROTECT MYSELF AND MY FAMILY FROM DENGUE FEVER?

As well as reducing breeding sites, personal protection should be used to reduce the risk of disease



Where appropriate, try to wear **long sleeves** and **long pants, light coloured** and **loose fitting clothes**, especially around dusk and in areas of high mosquito populations.



**Avoid watering** your garden around **sunset**. This is the time that mosquitoes are most active, and will be attracted to humid areas.



Replace your outdoor lights with **yellow "bug" lights**.



**Spray indoors in dark places** (eg. behind cupboards, under beds) with knockdown spray.



Use **mosquito repellents** when necessary and follow label directions and precautions closely.



**Use a fan**. This discourages mosquitoes from landing and biting.



Make sure window and door screens are **"bug tight"**