

Greetings Everyone!

Dengue cases are on a rise in the whole state of West Bengal. Over 4000 people infected so far.

We need to keep a vigil on the fever cases occurring in the NIT population to keep ourselves safe.

Common symptoms of Dengue:

- **Sudden onset of very high fever**
- **Severe headache usually at the back of eyes**
- **Muscles and joints becomes painful**
- **Development of skin rashes**
- **Fatigue**
- **Vomiting**

We need to ensure the following adequate precautions to prevent breeding of mosquito larva in any building/ land/ other areas inside campus: -



Image of Aedes Aegypti Mosquito (Vector responsible for Dengue Fever)

- i) All open pits where water might accumulate and remain stagnant are to be closed down immediately.
- ii) Drainage is to be ensured so that water does not accumulate at any part.
- iii) Construction sites have to be specially monitored so that mosquito larvae do not breed in the site. Debris should be removed regularly. No water should be allowed to remain stagnant at the site.
- iv) Bleaching powder may be applied from time to time.
- v) Air Condition Machines should be cleaned regularly and water accumulation prevented.
- vi) Rubbish/ garbage/ debris should be removed.
- vii) Unwanted vegetation should be removed.
- Viii) Use of larvivorous fish for mosquito control, eg: fishes like guppy or gambusia can be used in fountains, aquariums, ornamental tanks and other places to combat mosquitoes effectively.

Measures to keep ourselves safe from Mosquito bite:

1. Use of insecticide-treated mosquito nets
2. Use of Mosquito Repellent
3. Close Doors and Windows before Sunset
4. Keeping our Environment and Surroundings Clean
5. Avoid visiting areas prone to mosquitoes

Apart from Dengue, Malaria is the most common Mosquito borne disease. Other common diseases spread during this rainy season are Flu-like illness, Typhoid, Cholera, Gastroenteritis, Jaundice etc. Awareness regarding these is needed at this time.

Thank You and Be Safe. Visit Medical Unit if needed.

Medical Unit,
NIT Durgapur.