

1. Dengue fever is an illness spread by the bite of the Aedes mosquito.



2. There is no drug to treat dengue, It can only be prevented.



3. To prevent the breeding of the Aedes mosquito, you must prevent water from collecting in your home and surroundings.

(The Aedes mosquito prefers to breed in clean, still water easily found in our homes.)



- 4. Every day, you should remove water from places where it can collect, such as water jars, pails and watering cans, pot plates, potted plants, trays, flower vases, drains, and gutters.**



5. Clean places around your home where mosquitoes like to hide, like in cool, dark places, where water can collect .



6. Put larvae-eating fish “pahanukleung” in water containers.



6:00 ເຊົ້າ



6:00 ແລງ

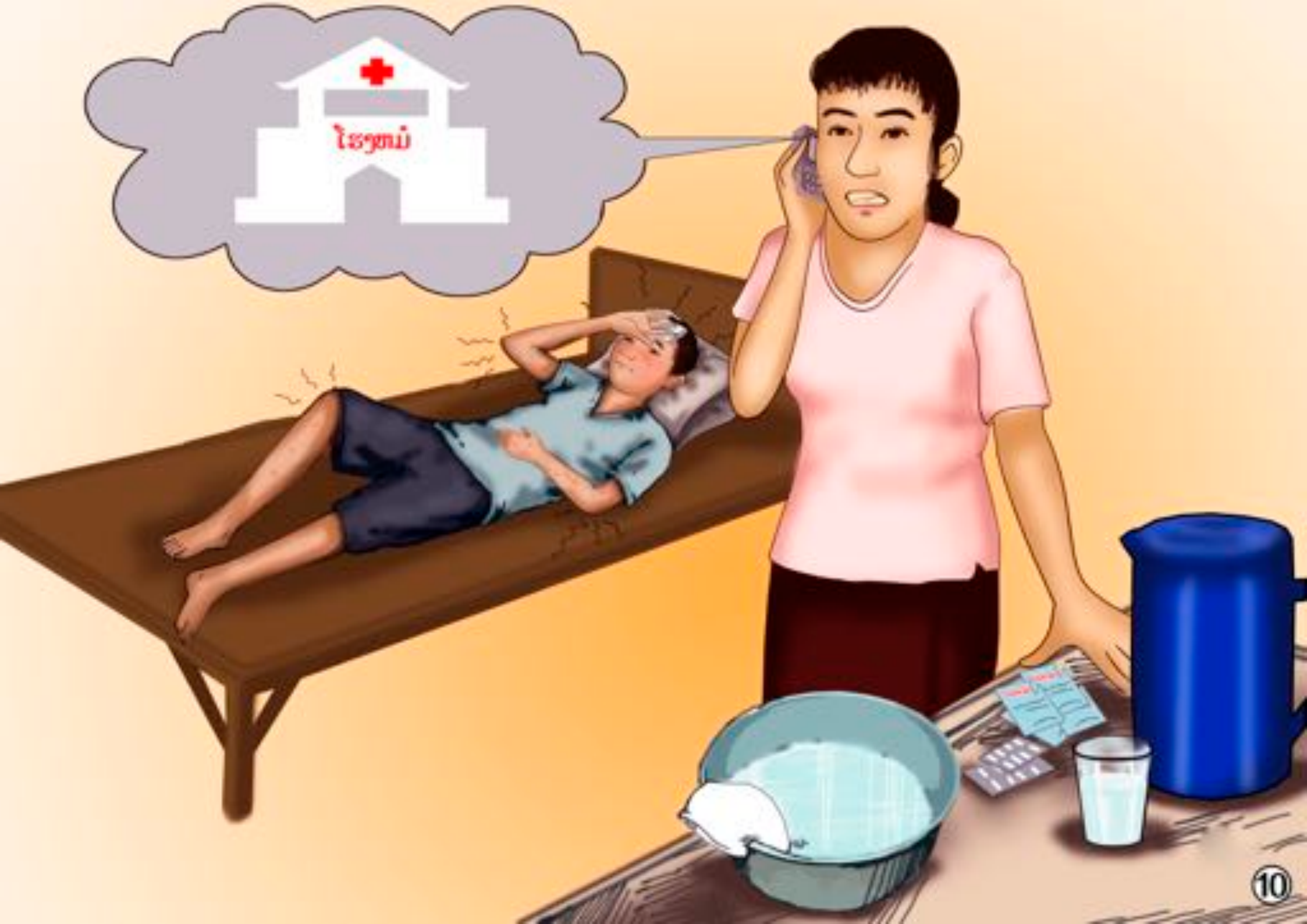


- 8. The Aedes mosquito usually bites during the day, so be especially careful to avoid mosquito bites at dawn and dusk.**

You can be careful by using mosquito repellents, coils and nets, mentioned on the previous card.



9. The symptoms of dengue can include high fever, severe headache, pain behind the eyes, joint pain, rash and mild bleed.



10. If you think you have dengue fever, you can take pain relievers, rest, and drink plenty of fluids.

If you feel worse in the first 24 hours after the fever reduces, consult with a health care provider.