DENGE: STRIKES AGAIN, PRECLUDE THE ATTACK

by:
Kimberly Yumena

One deadly bite can lead to lost of many lives.... that bite which can cause serious complications ..... a bite of an Aedes aegypti a deadly specie of mosquito which is a borne infection characterized by severe flu-like illness and can cause hemorrhagic fever.

According to Health Undersecretary Enrique Domingo the cases of dengue in the Philippines from January to March is 55,976 cumulative cases with 227 deaths have been reported, which is higher compared last year of the same quarter. And it is quite alarming still Undersecretary Domingo said the number of cases will become higher as the rainy season approaches.

But as concern citizen and especially those responsible individuals we can do some preventions to avoid the killer disease. So here are some dengue protection tips:

Be cautious of our environment and look for all the possible breeding grounds of mosquitoes

Regularly clean your house and keep all the places dry and avoid water deposits which can attract these deadly insects.

Wear long sleeves, pants socks and other protective clothing to prevent mosquito bites. Avoid wearing dark clothing because this attracts mosquitoes.

Use sprays and lotions to protect your loved ones from mosquitoes. Check or replace your window or door screens to avoid mosquitoes from getting into your house or office. Use mosquito net if needed.

Know the warning signs of dengue fever like severe head aches, high fever, rashes and vomiting.
Consult a doctor or go to the hospital immediately if you or any of your loved ones are experiencing symptoms.

These are some safety tips you can use to avoid being victim of dengue killer and always remember an ounce of prevention is worth a pound of cure.

References:

Philippines reports 56K dengue fever cases in Q1 of 2019 by NEWS DESK

Dengue and sever dengue – World Health Organization (WHO)

Dengue fever facts- Medicine Net