

PREVENTIVE MEASURES OF DENGUE

Personal Prevention

- Protect yourself against mosquito bites
- Avoid visiting areas prone to mosquitoes
- Apply mosquito repellent, ideally one containing DEET.
- Wear long-sleeves and long pants to cover your arms and legs.
- Use mosquito nets while sleeping.



Mosquito net



mosquito repellent



Full sleeve clothing

Destruction of the Habitat of Mosquito

Every Day

- Use insecticide sprays in dark corners (under the bed, sofa and behind curtains) and burn repellent oils inside your home.
- Turn over all water storage containers when empty and store them under a shelter.

- Cover bamboo pole holders when not in use.
- Loosen soil in potted plants to prevent accumulation of stagnant water on surface.

Alternate days

- Change water in vases/bowls
- Remove water from flower/plant pot plates

Weekly

- Clear fallen leaves and stagnant water in scupper drains and in the garden
- Clear any stagnant water in air cooler units

Monthly

- Clear fallen leaves and other blockages in roof gutters
- Use sand granular insecticide in gully traps and roof gutter
- Clean the stagnant water reservoirs like ditches, ponds
- Release of Trout fish in ponds (stagnant water) to kill the mosquito larva.



Natural Remedies for Mosquito bite

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|  <p>ALOE Rub aloe vera gel or a broken leaf on the bite to alleviate itching.</p> | <p>White Tea & Chamomile Tea Bags It's likely that you've seen the old remedy of putting a tea bag on a bee sting, well, it's a true natural remedy, not just for bee stings, but for mosquito bites too!</p>  |
|  <p>HONEY Apply a bit of honey to the bite to soothe the area.</p> |  <p>BASIL Crush fresh basil leaves & apply to the skin. The thymol & camphor in the basil are natural itch relievers.</p> |
|  <p>A slice of onion will immediately remove pain from insect bites</p> |  <p>Rub area with inside of banana peel</p> |
|  <p>Salt as Relief for Mosquito Bites This seems to be the quickest of all home remedies for mosquito bites. Simply moisten the bite area and then rub table salt. Itching should cease immediately.</p> |  <p>Apply lemon slice to affected area</p> |

Some Ayurvedic Herbs in Dengue



Papaya leaves
(juice or tablet)



Nimba



Tulsi (Holy basil)



Lasun (Garlic)



Guduchi



Euphorbia (Dugdhika)