

Dasmarinas Village Association Inc.
1417 Campanilla Street, Dasmarinas Village
Tel. No.: 817-3316; Fax No.: 810-2795

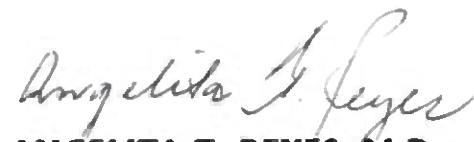
D.V.A. CIRCULAR NO. 24-2000
(Addendum to D.V.A. Circular No. 23-2000)

September 4, 2000

MOSQUITOES AND DENGUE FEVER

We are pleased with the positive response of our community to the last circular of the Environment Committee - D.V.A. Circular No. 23-2000.

We thank Dr. A.C. Reyes of 1450 Calumpang St. for his interest and would like to share with you facts about Dengue Fever.

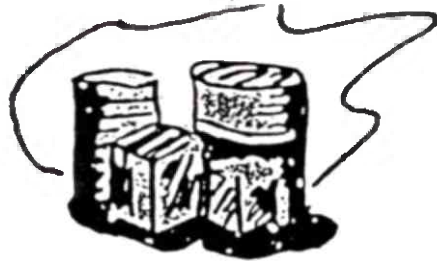


ANGELITA T. REYES, M.D.
Chairperson
Environment Committee

- Clean flower vases & flower pots at least once a week



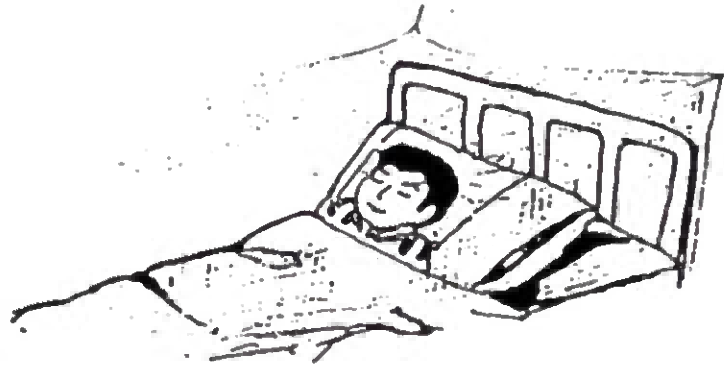
- Cover water receptacles to prevent breeding of the mosquitoes causing Dengue H-Fever



- Clean gutters regularly



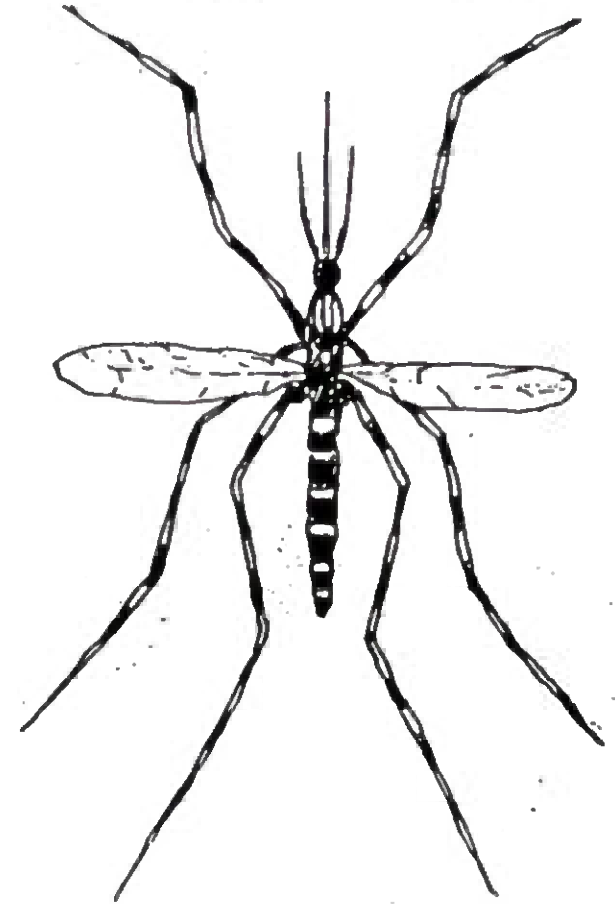
- Use a mosquito net during the day or have the room screened



- Do not give Aspirin if you suspect Dengue H- Fever
- Consult your physician immediately



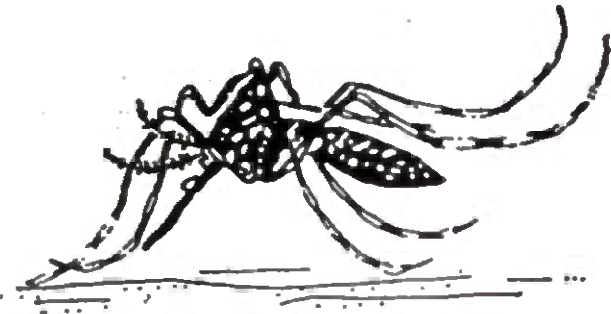
WHAT WE SHOULD KNOW ABOUT DENGUE H - FEVER



Project Development & Research Division
Communicable Disease Control Service
Office for Public Health Services
Department of Health
1996

WHAT IS DENGUE H-FEVER?

It is a viral condition caused by a mosquito bite occurring during the day. The mosquito is the *Aedes aegypti* and the *Aedes albopictus*.



A person can suffer from Dengue H-Fever if bitten by this mosquito during the day.

- Sudden high fever lasting 2-7 days may be a symptom.



- Muscle-ache and joint pains, headaches, weakness and fatigue are other symptoms.



- Small red spots

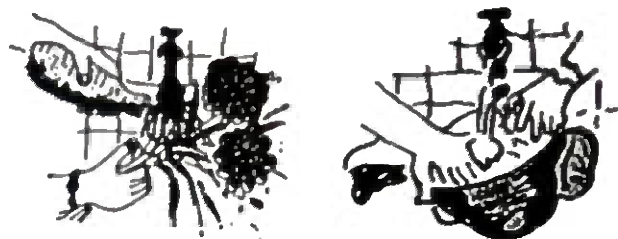


- Stomach-ache, nose and gum bleeding, vomiting, dark stools

- Prevent stagnant waters in your surroundings.



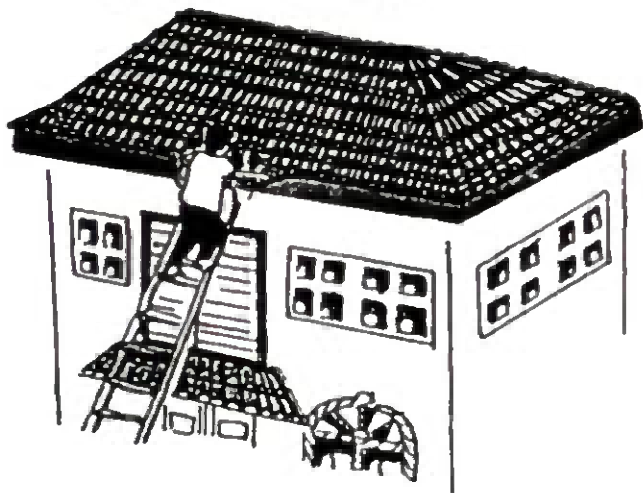
- Hugasan at kuskusing mabuli ang mga plorera at iba pang pinaglalagyan ng tubig isang beses sa isang linggo.



- Takpan ang mga pinaglalagyan ng tubig upang maiwasan ang pagpasok at pangingillog dito ng mga lamok.



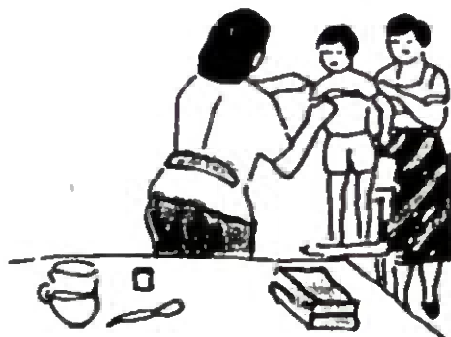
- Tingnan at linisin nang regular ang mga alulod ng bahay upang maiwasan ang pag-iipon dito ng tubig-ulan.



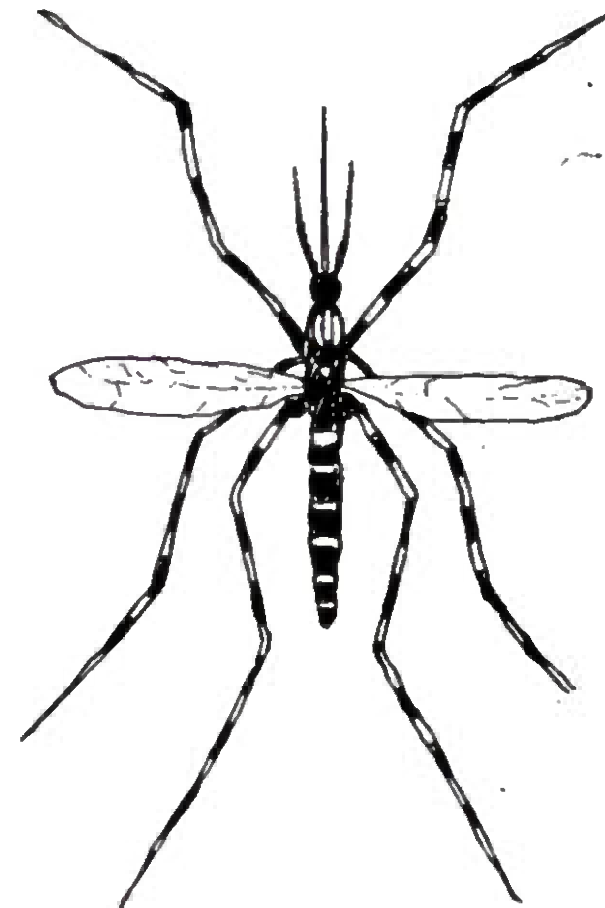
- Gumamit ng kulambo habang natutulog sa araw o dili kaya'y lagyan ng "screen" ang mga bintana o pinto ng bahay.



- Huwag magbibigay ng ASPIRIN sa taong pinaghihinalaang may sakit na Dengue H-Fever. Iwasan na makagat ng lamok ang taong may sakit ng Dengue H-Fever upang hindi maikalat ang "virus" sa lamok na kakagat uli ng mga taong walang sakit.
- Ipagbigay-alam sa pinakamalapit na *health center* kung may pinaghihinalaang kaso ng Dengue H-Fever sa komunidad.



MGA DAPAT MALAMAN TUNGKOL SA DENGUE H-FEVER



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ANO ANG DENGUE H-FEVER?

Ang Dengue H-Fever ay isang nakakahawang sakit na ang sanhi ay "virus". Ang virus na ito ay naisasalin sa pamamagitan ng kagat ng lamok.

Ang lamok na nakakapagsalin ng Dengue H-Fever ay *Aedes aegypti* at *Aedes albopictus*, mga uri ng lamok na nangangagat sa araw at nabubuhay sa loob at paligid ng bahay.



Ang isang tao ay maaaring magkasakit ng Dengue H-Fever kung siya ay kinagat ng lamok na *Aedes aegypti* o *Aedes albopictus* na nakakagat ng pasyenteng may sakit.

ANU-ANO ANG MGA PALATANDAAN AT SIMTOMAS NG DENGUE H-FEVER

- biglaang pagtaas ng lagnat na tumatagal nang 2-7 araw.



- pananakit ng mga kalamnan at kasukasuan.



- pananakit ng ulo.
- panghihina

- pagkakaroon ng maliit at mapupulang pantal.



- pananakit ng tiyan
- pagdurugo ng ilong at gilagid
- pagsusuka o pagdumi nang maitim ang kulay na dulot ng pagdurugo ng bituka.

PAANO MAIIWASAN ANG PAGKAKARON NG DENGUE H-FEVER

- Huwag mag-iimbak ng anumang bagay na maaaring pag-ipunan ng tubig at pamugaran ng mga lamok sa loob at labas ng bahay tulad ng mga lata, bote at gulong ng sasakyan, at panatilihin tuyo ang kapaligiran.

