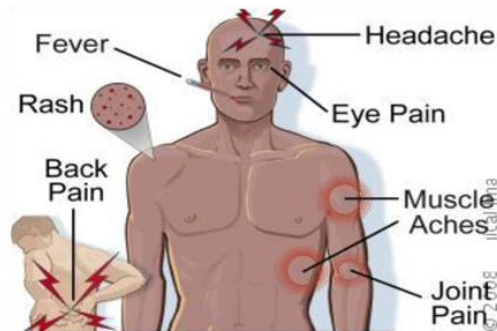


Dengue Fever is a viral illness that is transmitted by the mosquito **Aedes Aegypti**.



People that are bitten by the mosquito carrying the virus may experience one or more of the following symptoms within 5 to 8 days:



- a. High fever (3-7 days)
- b. Headache
- c. Bone & joint pain
- d. Muscle pain
- e. Eye pain (severe pain behind the eye)
- f. Rash

By taking a few simple steps individuals and communities can prevent and control Dengue:

1. Clean coolers and pots every week.
2. If you have to store water, use tightly covered containers or cover with fine mesh wire so that they do not become a mosquito breeding source.
3. Put oil/kerosene if water is collected.
4. Use mosquito repellent - Care should be taken in using repellents on small children and the elderly.
5. Wear full sleeves shirt ,trousers to avoid mosquito bite.
6. **Remember it is very important for households to eliminate breeding sites.**

If the child is suffering from fever, we need not panic and can do a simple [medical test](#) at home to assess capillary fragility, called the Hess Test. To perform this test ,pressure is applied to the forearm with a blood pressure cuff inflated to between systolic and diastolic blood pressure for 5 minutes. After removing the cuff, the number of petechiae in one square inch of the area under pressure is counted. More than 5 petechiae indicate capillary fragility which occur due to poor platelet function , bleeding diathesis or thrombocytopenia and can be seen in cases of Dengue fever, commonly after 5 days.