

## **Dengue- A deadly mosquito borne viral disease**

- Dengue (pronounced DENgee) fever is a painful, debilitating mosquito-borne disease caused by any one of four closely related dengue viruses. These viruses are related to the viruses that cause West Nile infection and yellow fever.
- The global incidence of dengue has grown dramatically in recent decades. About half of the world's population is now at risk. An estimated 390 million dengue infections occur worldwide each year, with about 96 million resulting in illness. Most cases occur in tropical areas of the world, with the greatest risk occurring in:
- Dengue is found in tropical and sub-tropical climates worldwide, mostly in urban and semi-urban areas. The Indian subcontinent, Southeast Asia, Southern China, Taiwan, The Pacific Islands, The Caribbean (except Cuba and the Cayman Islands), Mexico, Africa, Central and South America (except Chile, Paraguay, and Argentina)
- Severe dengue is a leading cause of serious illness and death among children in some Asian and Latin American countries.
- There is no specific treatment for dengue/ severe dengue, but early detection and access to proper medical care lowers fatality rates below 1%.
- Dengue prevention and control depends on effective vector control measures.
- A dengue vaccine has been licensed by several National Regulatory Authorities for use in people 9-45 years of age living in endemic settings.
- A drop in platelet count is a characteristic symptom of dengue fever. The most common symptoms include fever, headache, muscle and joint pains and skin rash.
- Dengue doesn't spread from person to person. You can prevent the risk of the disease by keeping your surroundings clean and wearing protective clothing. The dengue mosquito typically attacks during the day and some experts say the favourite spots are below the elbow and below the knee. They are generally active between the time period of August-October and do not breed when the temperature falls.
- Reduce the mosquito habitat by removing standing water around your house. You could turn to natural repellents like Lemon Eucalyptus Oil, Lavender, Neem Oil and Cinnamon Oil to protect yourself against mosquito bites.
- There are a number of plants that have mosquito repellent properties like feverfew, citronella, catnip and lavender. Place them around your house to keep mosquitoes away. Even herbs like garlic, lemongrass, basil, peppermint, rosemary may help.

As dengue is effecting people around us a lot , I thought of making my students aware of this disease.