



ECO-BRIGADE OF D.A.V.P.S. ROHINI IN ACTION

LET US ALL FIGHT MOSQUITO BITE: ADVISORY FOR DENGUE FOR SCHOOL COMMUNITY

Dear Parents,

As you are aware that there is a surge in the dengue cases in Delhi, keeping this in mind we are taking adequate precautions like fumigation of the school premises on regular basis. Thorough checks are also done to ensure that there are no breeding places for the mosquitoes within the school premises.

As a preventive measure to avoid mosquito bites, the students can wear full sleeves white shirt / previous uniform shirt with blue or black jeans. It is also advised that the students to put mosquito repellent cream or a patch before coming to school.

The following preventions to be taken up to control the outbreak of dengue disease:

1. Keep all the water containers / over head tanks etc. properly covered.
2. Avoid visiting mosquito infested areas or parks.
3. Keep your surroundings clean.
4. Dispose off used cans and bottles into covered bins.
5. Use mosquito repellents like – sprays, coils mats at home.
6. Add two tablespoons of petrol or kerosene oil in desert coolers and improperly covered tanks. Dry all desert once a week.
7. In case of fever consult a doctor don't do self-medication. Only paracetamol tablets are recommended for fever and body ache.

Natural ways to get rid of mosquitoes:

1. Apply neem oil and coconut oil in the ratio 1:1 to keep mosquitoes at bay.
2. Light camphor in room and close the door and windows. Leave it for 15 – 20 minutes to make it mosquitoes free.
3. Keep tulsi shrub near the window. It is extremely effective in keeping mosquitoes away.
4. Crush few garlic and boil in water. Use this water to spray the room to keep it mosquitoes free.
5. Plants like tulsi, mint, marigold, lemon, neem, citronella grass. They are extremely effective in preventing the breeding of mosquitoes.
6. Dengue is not life threatening but delay in proper treatment can lead to worse conditions.

7. Besides dengue there is also an increase in cases of people contracting viral influenza, conjunctivitis, symptoms of cold, cough, fever, typhoid etc.

To prevent these infections, adopt the following measures:

1. Stay away from infested people.
2. Cover your mouth and nose while coughing and sneezing.
3. Wash hands regularly with soaps. Use sanitizers when out.
4. Avoid street food. Eat freshly home cooked food only.
5. Thoroughly wash raw fruits and vegetables before consuming.

Timely actions and precautions can help us to stay active, healthy and disease free.

PRINCIPAL

