



Few simple and practical tips to keep dengue at bay

- Turn over empty buckets and containers, so that they do not collect excess water. If the container that contains water cannot be emptied, remember to cover it well when not in use.
- Remember to clean out empty flower pots and not to over water potted plants. It is advised to not have any stagnant water around, as it acts as breeding ground for the mosquitoes.
- Apply mosquito repellents on all exposed areas, during the day as well as at night on a regular basis to prevent dengue (Try not to wear clothes that expose arms and legs).
- Make sure your window and door screens do not have any holes. If so, block those areas properly to eliminate mosquitoes.
- If someone at home is ill with dengue, try to not let the mosquitoes bite them or others in the house.
- If possible, sleep under a mosquito net (especially small children as they sleep during the day and hence, the chance of mosquito bite is high during this time).
- If you use a cooler, remember to empty out and clean the water tray regularly, even when not in use.
- Always cover your trash can or dustbin when not in use.
- Avoid hanging clothes in dark corners as these serve as hiding places for mosquitoes.
- Keep the gutters clean of leaves and debris that might hinder water flow.

*** As there is no clear treatment for the condition nor is there a vaccine against it, so the best way is to prevent the disease from occurring at all. As dengue is a completely preventable condition, all are requested to take a few steps to keep yourself and your family safe.**