

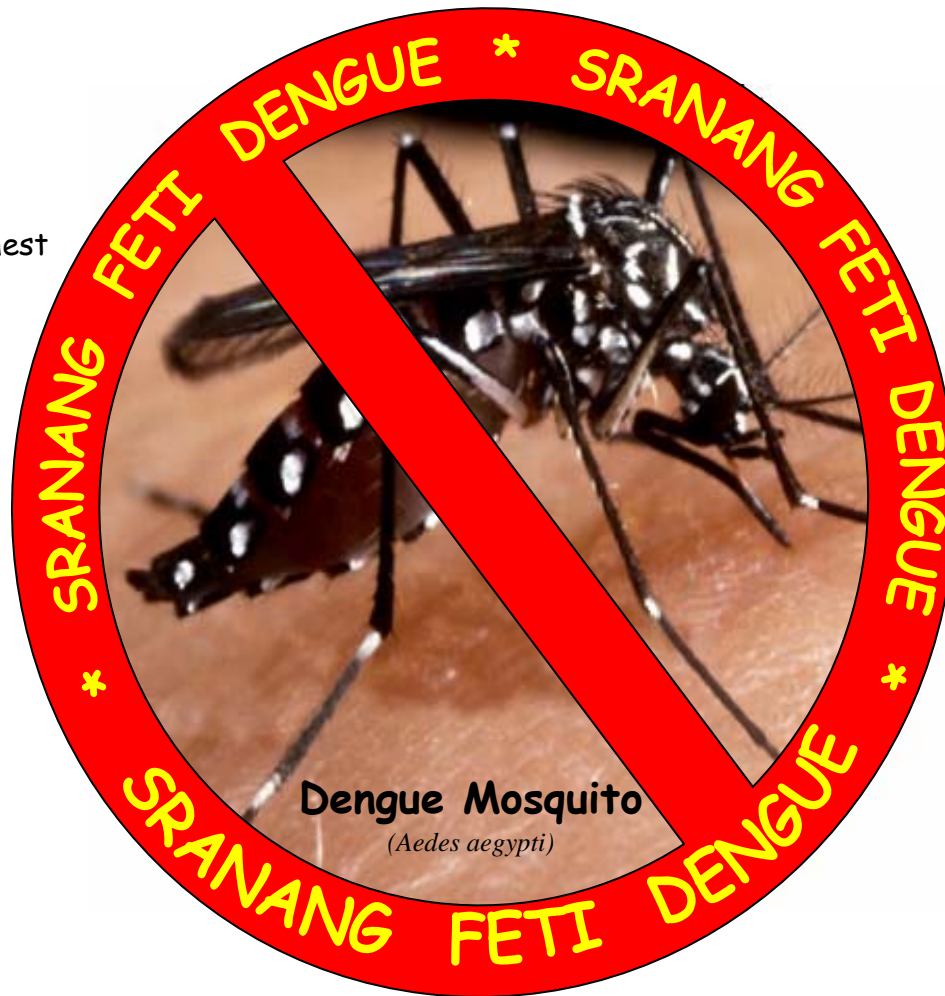
Symptoms of Dengue Fever:

- Sudden high fever.
- Severe headache, especially in the forehead.
- Pain behind eyes, which worsens with eye movements.
- Muscle and joint pains.
- Loss of appetite.
- Measles-like rash over chest and upper limbs.
- Nausea and vomiting.

In severe cases of Dengue Fever you can get the following additional symptoms (sometimes causing death):

- Severe and continuous stomach pains.
- Vomiting (incl. blood)
- Sleepiness and restlessness
- Difficulty breathing
- Fainting
- Pale, cold and moist skin
- Dry mouth

There is no vaccine or cure for Dengue Fever, one can only **prevent** it!



Dengue mosquitoes breed in everything that contains clear drinking- or rainwater: rainwater drums, water tanks, buckets, roof gutters, car tires, washbasins, flower vases and saucers, bottles, tins, cups, garbage, discarded fridges, stoves, etc.

THUS:

Prevent mosquito breeding sites:

- Cover water containers and drums with mesh. Turn empty drums upside down.
- Refresh water in flower vases every two days.
- Fix leaking taps and water pipes.
- Cover car tires, fill hollow bricks and tree holes, clean roof gutters.
- Put garbage in covered trashcans and keep clear of dogs.
- Put PET bottles in recycle bins.
- Carry bulky waste to the dump.
- Preventing dengue is a community effort. Do you have water wells, please contact BOG for advice.

Prevent mosquito bites:

- Put mosquito mesh in windows and doors.
- Sleep under a mosquito net.
- Use insecticide or vapemats in dark spots: under the bed, sofas, tables, chairs and in wardrobes.
- Use mosquito candles.
- Wear clothing covering your arms and legs.

This poster and more is available on
<http://www.fetidengue.info>

Suriname Fights Dengue