

Mosquito Borne Diseases Advisory - 2016

Maharashtra has reported 2,572 cases of Dengue and 450 cases of Chikungunya in 2016 till the month of September. In Mumbai, in the month of August alone, there were 103 cases of Dengue and 1010 cases of Malaria reported. Every year during the monsoon season, city dwellers face threat from a number of monsoon ailments, especially mosquito borne diseases. With the continuation of heavy rainfall over the past week, there has been an increased risk of infections and increased burden on the public health system. Here are some of the facts you need to know about these diseases, to protect yourself and your family

Malaria:

Malaria is spread by female Anopheles mosquito which bites after sunset

Anopheles Larvae are present on the surface of Stagnant Water

Dengue and Chikungunya:

Dengue and Chikungunya are spread by the Aedes mosquito, which bites during daytime

Aedes larvae are present around the edge of the water surface and on the walls of the vessel

Symptoms include distinct red coloured spots on the legs and body

There is no specific medicine for Dengue fever

SIGNS AND SYMPTOMS



Fever



Headache



Sweating



Nausea & Vomiting



Chills



Muscle & Joint Pain

HIGHEST RISK?



Children



Pregnant Women

HOW TO PREVENT MOSQUITO BREEDING



Cover water containers with lid or cloth



Dispose waste in covered garbage bins to avoid stagnation



Change water in vases and vessels at least once a week and dry them completely



Remove any dumped tyres in and around the area to avoid water collection



Clean all drains and remove any blockages



Guppy fish and Gumbusia fish should be cultivated in water tanks and ponds as they feed on larvae of mosquitoes

PROTECT YOURSELF FROM MOSQUITO BORNE DISEASES

1. Eliminate mosquito breeding sites by **draining off accumulated water** in the premises and also in public places. This is especially relevant if it has been raining for the past few days.
2. Observe "Dry Day" once a week to break the mosquito's life cycle. Replace all stored water and empty water containers, flower vases, plant pots and bird baths with fresh water once a week. Cover water tanks and containers with well-fitted lids.
3. Use insecticide treated Mosquito nets while sleeping. They give complete protection.
4. Coordinate and cooperate with MCGM for indoor residual spraying and indoor fogging.
5. To avoid mosquito bites, wear full sleeved clothing and use repellents
6. Put wire mesh on windows to prevent mosquitoes from entering.
7. Fever? Consult a doctor - for early diagnosis and correct and complete treatment.
8. Do not self-medicate. Don't use Aspirin

IN CASE OF A FEVER, DO THIS!

- CONSULT A DOCTOR AS SOON AS POSSIBLE
- DO NOT SELF MEDICATE



Sources:

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World Health Organisation, Municipal Corporation of Greater Mumbai, National Vector Borne Diseases Control Programme, India

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