

Prevention and control of vector borne diseases like Dengue, Chikungunya and malaria

These are all mosquito generated diseases and sometimes gain epidemic proportions if preventive measures are not taken. So it is essential to prevent breeding of mosquitos.

AWARENESS INSTRUCTIONS FOR STUDENTS TO FOLLOW AT HOME:-

- (1) Wear full sleeved clothing to avoid mosquito bites and use mosquito repellent. Put wire mesh on doors and windows.
- (2) Cover all water tanks and containers with well fitted lid .
- (3) All coolers should be cleaned once a week and mopped dry before refilling water. In coolers that cannot be emptied put one tablespoon of petrol..
- (4) All unused containers ,tyres, coconut shells etc should be properly disposed off.
- (5) Change water in flower vases ,bird pots and plant pots every week.
- (6) Cover the toilet seat if going out of home for more than a week.
- (7) Use bed nets at home/ hospital during dengue fever
- (8) Don't allow water to stagnate in and around houses
- (9) Do not allow children to play in stagnant water bodies.
- (10) Lastly do not create panic, Dengue, Chikungunya and Malaria are treatable.

**What are vectors?**

**VECTORS** are common **INSECTS** that carry & transmit diseases causing bacteria, viruses & parasites

**BITING VECTORS**

- Mosquito
- Tick
- Biting fly
- Flea
- Mite

**CARRIER VECTORS**

- House fly
- Cockroach

Transmit more than 250 food borne diseases leading to

- Nausea, vomiting and diarrhoea
- Malaise, headache, fever
- Deaths: Globally- 19 Lakhs/year
- South East Asia- 10 Lakhs/year

# VECTOR-BORNE DISEASES

VECTORS MAY BE A THREAT TO YOU, AT HOME AND WHEN TRAVELLING

**VECTORS** ARE SMALL ORGANISMS THAT CARRY SERIOUS DISEASES



**WITH JUST 1 BITE** they can transmit diseases such as:

- Malaria
- Dengue
- Leishmaniasis
- Lyme disease
- Yellow fever
- Japanese encephalitis



**Diseases** spread by vectors **kill a million people** every year and **more than half of the world's population is at risk**

**TAKE SIMPLE MEASURES TO PROTECT YOURSELF AND YOUR FAMILY**

Get vaccinated against yellow fever and Japanese encephalitis

Install

window screens

Wear light-coloured, long-sleeved shirts and trousers

Use insect repellent

Get rid of stagnant water from places where mosquitoes breed, such as in old containers, flower pots and used tyres

Sleep under an insecticide-treated bed net

For more information, contact your health-care professional  
[www.who.int/world-health-day](http://www.who.int/world-health-day)



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