

3 simple ways to effectively prevent dengue

To prevent dengue fever, each of us should be prepared to minimize mosquito bites. Here are 3 simple ways to effectively prevent dengue. Invite you to consult!

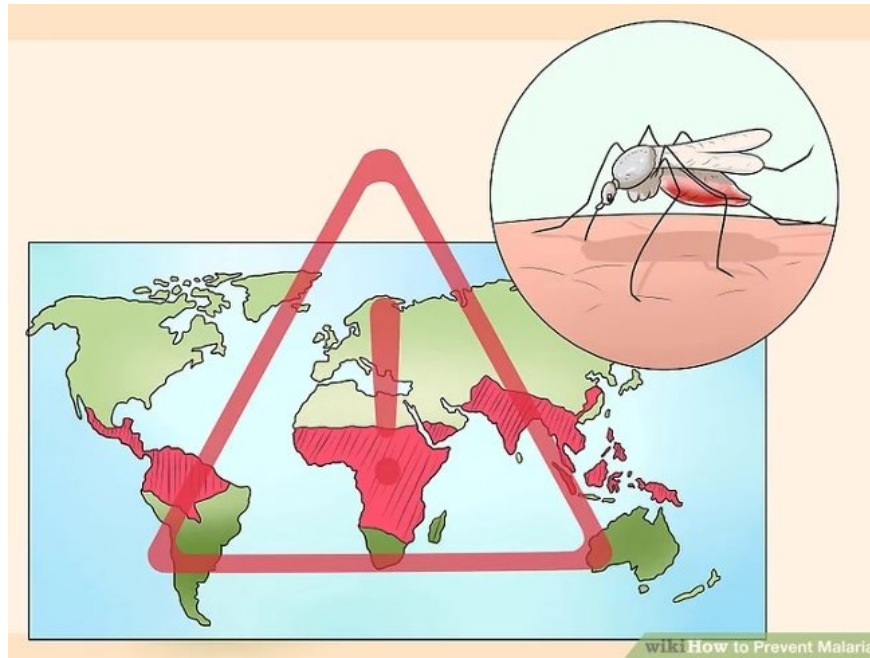
1. Simple way to prevent mosquito bites for young children
2. 5 eating habits should be avoided to avoid type 2 diabetes
3. 6 secret techniques that help you get enough sleep in just a few hours

Dengue fever is a disease spread by mosquitoes and often leads to symptoms such as high fever, cold and signs of flu. This is considered an acute parasitic infectious disease, which can be fatal if not treated promptly. The cause of dengue is caused by the malaria **parasite plasmodium falciparum** (*transmitted by the female mosquito Anopheles*).

Worldwide, there are about 200 million cases of patients infected with dengue each year. This includes about 584,000 deaths, mostly children under 5 years old, living in sub-Saharan Africa. According to statistics reported in the United States, there are about 1,500 - 2,000 cases of hemorrhagic fever each year. If you travel in a country with a high rate of dengue infection, you can reduce your risk by taking medication. To prevent dengue fever, each of us should be prepared to minimize mosquito bites. Here are **3 simple ways to effectively prevent dengue** .Invite you to consult!

Method 1: Take the vaccine

1. Determine if you are in an area at risk of disease



If you are traveling to a country with a high incidence of dengue, it is important to be well prepared. This disease can be **prevented by taking the right medicine** before, during and after exposure to toxic mosquitoes. Some areas are at high risk of infection such as:

1. Africa
2. Central and South America
3. Part of the Caribbean region of Asia, Eastern Europe and the South Pacific

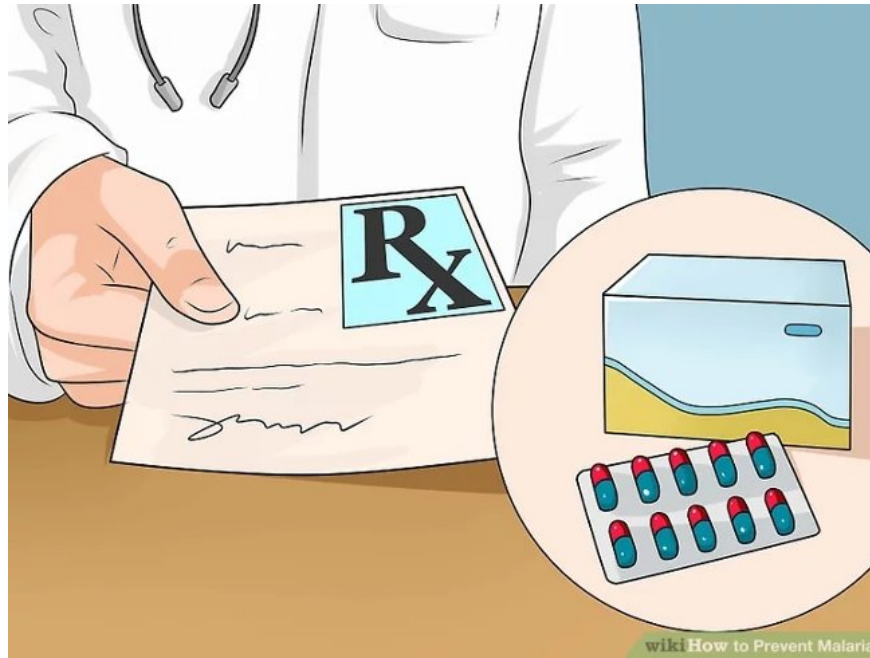
2. Schedule an appointment with the doctor



If you plan to travel to one of these locations, make an appointment to see a doctor about 6 weeks before your trip.

1. Plan for an early trip so you can take preventive medicine before starting your journey.
2. Instead of going to the doctor alone, you can arrange an appointment at the travel clinic in your area.

3. Take preventive medicine



Tell the doctor where you are going . They will provide you with the most effective prescription that can prevent dengue in that area.

1. These drugs include chloroquine phosphate, quinine sulfate or tetracycline. Depending on where you will arrive, these drugs have different uses. Therefore, it is important to mention to the doctor where you will go.
2. Currently, dengue fever has **not been prevented**, but doctors will prescribe it as a medicine to treat illness. You can use them during your visit in an area at risk of infection.
3. Make sure you tell the doctor about the medicines you are taking and your current health condition. These may have a significant impact on your dengue vaccine. For example, **do not use dengue drugs if you are in pregnancy or people with mental disorders are also not allowed to take this medicine** .
4. The traveler's doctor or medical staff should also check to see if there is any other risk of infection.

4. Take your prescription medication

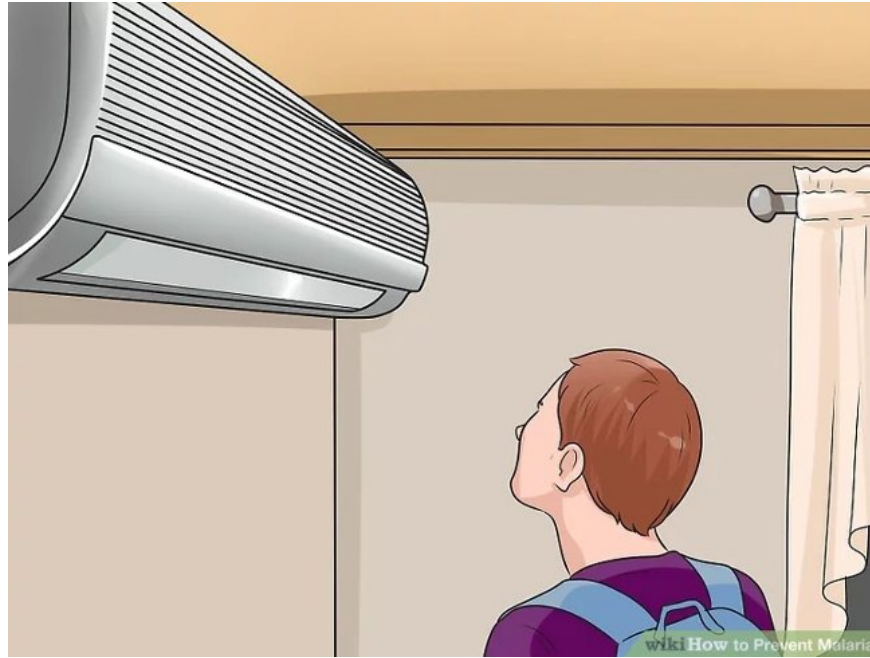


Remember that you must follow prescription medication strictly and accurately. **Dengue prophylaxis is only effective when used correctly.**

1. Should start taking a few pills before the trip at least 2 weeks. There are other medicines that can be taken 1 to 2 days before. There are also some that can be taken once a day while others are divided into days.
2. If you are only allowed to take 1 dengue vaccine within a day, divide it to drink at the same time every day.
3. As directed by your doctor, maintain your medication during your travel. In many cases, after leaving a high-risk epidemic, you should take the medication for 1 week or more. Otherwise, you still have a high chance of being infected.
4. Follow your doctor's advice to prevent harm caused by **medication side effects** . For example, some dengue tablets (*doxycycline*) can cause your skin to become dark. In this case, don't forget to use sunscreen to protect your skin.
5. **Drug resistance** is also a concern. The disease will tend to be resistant if overused or if not taken enough. Therefore, do not forget to take the prescribed dose.

Method 2: Prevent mosquito bites

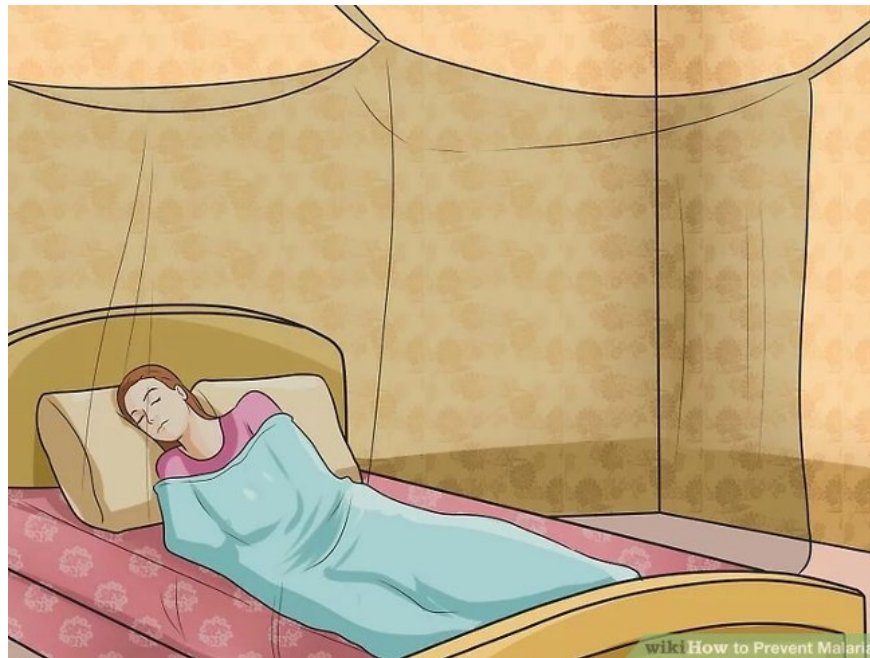
1. Choose the accommodation carefully



When planning your next trip, choose a home with as few mosquitoes as possible. If possible, should be in carefully shielded or air-conditioned rooms. Typically, the best area to stay overnight is **a cool place and away from standing water** - an ideal breeding ground for mosquitoes. Sources of standing water, such as lakes or streams do not flow, often have many mosquitoes living.

See also: 3 simple steps to clean the mattress bed properly

2. Use curtains when sleeping



Thin, light and thick knit screens are the perfect choice for mosquitoes to be unable to reach tents or beds in the evening. Hang curtains on the sleeping area every night before going to bed or use them to cover windows and

doors.

1. It may be difficult to find the curtain while traveling, so **buy one before starting the trip** .
Wear clothes in the curtain in the morning.
2. Be sure to check the curtains regularly to **avoid torn or punctured cases** . It is best to bring an extra curtain to backup.
3. It is recommended to buy curtains that are **impregnated with permethrin** for **insecticide** protection.

3. Close windows and doors



If possible, **close doors and windows** when you are in the room. People who sleep outside and are exposed to the outdoors at night are at risk of getting dengue.

1. No need to close all doors if you are in a hot and hot area. Whether opening or closing the door, don't forget to cover the curtain before going to bed to increase protection.

4. Wear long-sleeved clothes



You can reduce the amount of mosquito bites if you wear long-sleeved clothes while going out or going for a day. Wear lightweight but light-weight clothing because they not only help your body breathe but also protect you from mosquito bites.

5. Use mosquito sprays



Choose the most **effective spray** in the area you travel. For more advice, consult your doctor about your choice. If there are children accompanying, consult with the pediatrician about which types are durable and safe for your child.

1. Most places with dengue epidemic, **DEET** (*short name for N, N-Diethyl-meta-toluamide compound*), also known as diethyltoluamide, is a common ingredient in anti-mosquito products. This compound has many concentrations ranging from 4% to 100%. However, concentrations above 50% will not give you the anti-mosquito effect as expected. For best results, spray on the clothes and the room you are in.
2. Combine insecticides with permethrin clothing and protective clothing to get the best protection. The Centers for Disease Control and Prevention (*CDC*) will give you detailed instructions on how to use DEET . **Please consult carefully before use. Using the wrong way can lead to health problems.**

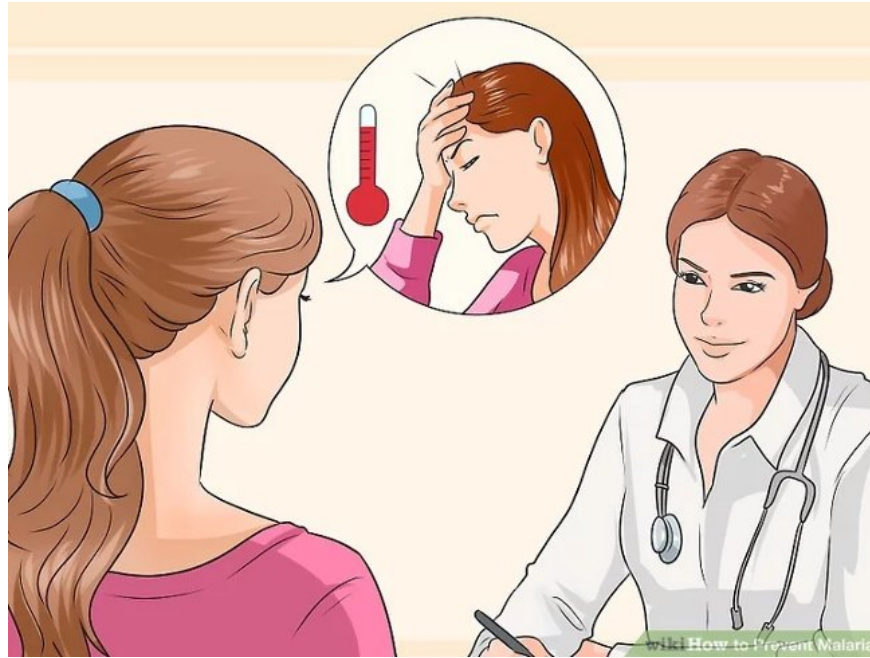
6. Stay indoors during dusk and dawn, if possible



Try to plan your activities in a safe area during the period between darkness and dawn. The reason is that mosquitoes cause dengue fever often work at night.

Method 3: Treatment of dengue fever

1. See your doctor if signs of disease appear



If you feel unwell after a trip or are worried that you may have dengue fever, see your doctor immediately. Of course, should be treated as soon as possible. Although the early symptoms of this disease are not clear, they may also include the following signs:

1. High fever
2. Cold and shivered
3. Sweating a lot
4. Headache
5. Vomiting
6. Diarrhea

2. Treatment



The doctor will prescribe medication depending on where you are infected. Other factors, like pregnancy, are equally important. Treatment here is to **adhere to the right dose for a long time** . Drugs to treat dengue include:

1. **Chloroquine phosphate** is the first drug line used to prevent or treat dengue, except for possible resistance. This problem is very common, so your doctor may prescribe you other medicines.
2. The doctor will also recommend **quinine sulfate and tetracycline** in the area of high chloroquine phosphate resistance, or may also be prescribed with a combination of atovaquone-proguanil and mefloquine.
3. Sometimes, you are required to give medicine intravenously when you are sick. If infected with malaria parasite, **IV quinidine and doxycycline** are great choices.
4. If the cause of dengue fever is caused by **P. vivax or P. ovale** , your doctor may prescribe a primaquine phosphate medication to you within two weeks.
5. Of course, taking early precautions is the best way to protect yourself before arriving in high risk areas. If your doctor knows that you are going to travel to chloroquine-resistant areas, they will prescribe you a mefloquine antimalarial.

3. Continue to monitor the health status after the trip



See your doctor right away if you have flu-like symptoms because it could be a sign of dengue. Even if you have just returned, you are likely to be infected.

1. Most dengue symptoms are clear within two weeks of getting sick. However, some cases of disease symptoms may appear later. Malaria parasites may lie dormant in the body for weeks, months or even over a year.

See also: 4 simple methods to effectively relieve muscle tension headaches

Having fun!

You finished reading the article "**3 simple ways to effectively prevent dengue**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.