

How to prevent and treat dengue fever

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Symptoms of Dengue Fever



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Dengue fever is a very complicated disease. People with the disease are often subjective to the manifestations of the disease by confusing it with common diseases, especially for young children. Therefore, each citizen should

pay attention to the following signs to promptly treat dengue fever:

1. Sudden high fever 39-40°C lasting.
2. Severe headache in the forehead area, pain in the eyes behind the eyeballs, abdominal pain, muscle and joint pain.
3. The body is tired and sluggish.
4. Children are not active, do not play.
5. Loss of appetite, nausea, vomiting.
6. Subcutaneous bleeding, gastrointestinal bleeding, black stools.
7. Nosebleeds, bleeding gums.

How to treat dengue fever



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1. Cool to reduce fever. Use physical methods such as applying warm water to the forehead, armpits, groin area, wearing loose and airy clothes.
2. Eat easy-to-digest liquid foods such as porridge, soup, etc.
3. Drink lots of water.
4. Limit drinking juices or eating foods that are red, brown or black to avoid confusion with gastrointestinal bleeding.
5. Limit movement, should rest in bed.
6. Do not arbitrarily use antipyretic drugs of unknown type.
7. Examination and treatment according to the doctor's instructions.

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Mosquitoes are the vectors of dengue fever. The infectious process is formed when a mosquito bites an infected person, the virus in the patient's blood will be transferred to the mosquito cell and survive for about 12 days. When they bite someone, the mosquito transmits the virus to their body. Therefore, the best way to prevent dengue fever is to kill mosquitoes.

1. Clean the house, do not let standing water, stagnant pond.
2. Kill larva - larva in water containers, waste with standing water.
3. Wear long pants and long-sleeved shirt when going out in the evening.
4. Sleeping in a mosquito net.
5. Spray mosquito repellent, use mosquito repellent spray.

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