

# Message for Prevention and control of Dengue

Dear Sir/ Madam,

This is a kind request to you to take preventive measures for Dengue during and after the monsoon. We can also contribute in minimizing the Dengue burden in country and can save lives by doing simple things.

1. By not allowing water to stagnate in and around houses in containers
2. If we have to store water then cover it properly with tight lids
3. Check, clean, dry, scrub and refill the desert coolers
4. Check bird bath tubs, pots, vases, trays under refrigerators etc.
5. Do not store solid waste on the roof to avoid mosquito breeding in rain water stagnation
6. Use full sleeved cloths
7. Use repellents, mosquito nets, wire meshes on doors and windows
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10. Motivate others
11. Cooperate health worker during their visit to your home

Dengue is preventable but if it is ignored it may be fatal. Timely diagnosis and treatment can prevent valuable lives.

Let us take a pledge to be aware about dengue and for taking small but effective measures to save ourselves, our families and our neighbors....

Don't take any unnecessary medication if you have symptoms of dengue take treatment after medical consultation.

Remember you are doing this for humanity so it is other way of charity and charity begins at home...

Report each case of suspected/confirm dengue so that remedial measures could be undertaken for prevention of spread of disease.



Vector Borne Disease Control Programme  
National Health Mission  
Department of Medical Health and Family Welfare, Uttarakhand



उत्तराखण्ड सरकार