

NEW GREEN FIELD SCHOOL, ALAKNANDA
Control of Vector Borne Diseases

Dear Parents,

The rainy season is prone to diseases like Malaria, Dengue, Chickengunia which spread during and after the rainy season every year. These are all mosquito generated diseases and sometimes gain epidemic proportions if preventive measures are not taken.

The Aedes Aegypti vector mosquito, which breeds during the rain, continues to reproduce and add to its number up till winter. Experts say cases of dengue usually peak right after and not during the rainy season because the virus takes time to grow and complete its life cycle. This mosquito that transmits the virus causing both diseases breeds in fresh and stagnant water.

The following preventive measures are to be taken:

- Keep surrounding clean and ensure there is no stagnant water. Regularly clean containers like flower pots and overhead tanks that hold water as mosquitoes lay eggs there.
- Prevent breeding of mosquitoes by ensuring no water accumulation in the neighbourhood.
- Wear long sleeve clothes and pants for additional protection. Body should be protected from mosquito bite by applying insect repellent on clothes and exposed parts of the body.
- Use mosquito nets while sleeping.
- Drink plenty of water to stay hydrated, and eat healthy, nutritious meals and foods that boost immunity
- The old adage-wash your hands before you eat still holds true.
- Covering the mouth and nose with a handkerchief while coughing or sneezing; and drinking only boiled water or water from the purifier as preventive measure against water borne diseases.
- Consumption of water, milkshakes, fruit juices, chaat & food materials from road side vendors be avoided.
- Children having fever and showing symptoms of diseases are advised to consult the doctor.

Please ensure the safety of your children against these diseases.

PRINCIPAL