

The dengue mosquito's favorite breeding ground is standing water



- In water tanks in the bathroom and on roofs
- In water buckets
- In water at the base of plants in pots



- In water drums
- In spare tires, tin cans, coconut shells and rubbish that have collected water



The rubble left from last year's destruction provides the perfect environment for dengue mosquitoes to breed

How to prevent spreading the dengue mosquito



- Drain the water from barrels, buckets, vases and window air coolers at least once a week

- Remove all objects containing water - like plant saucers - from the house

- Cover water containers inside and outside the house at all times

- Destroy discarded containers like plastic bags, tyres and bottles in which water collects

- Burn or bury rubbish where rain water can collect

How to avoid dengue mosquito bites

- Clean up areas where mosquitoes breed

- During the day use mosquito repellent

- Protect people who are sleeping, especially children with mosquito bed nets

- Wear long-sleeved clothes



A person with dengue fever should see a doctor immediately

What is dengue fever?

Dengue fever is an acute, flu-like illness that is transmitted by a mosquito carrying the dengue virus

Symptoms of dengue fever:

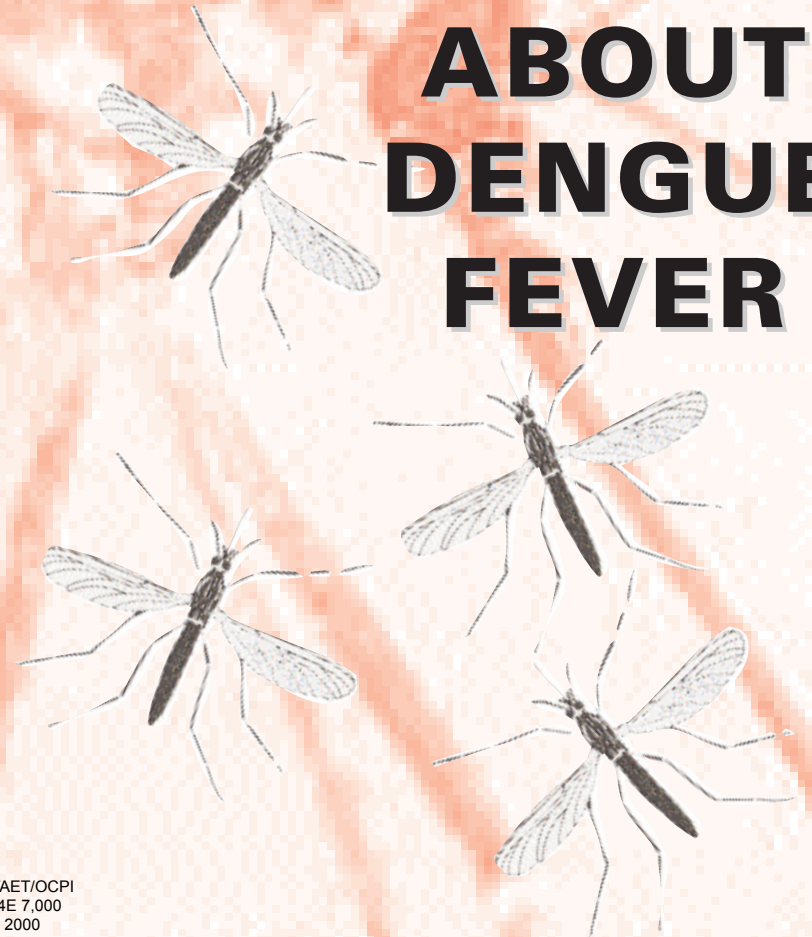
- A sudden high temperature
- Severe headaches
- Pain behind the eyes
- Pain in the muscles and joints

Symptoms of dengue haemorrhagic fever:

- Bleeding from the nose, mouth and gums
- Severe and continuous pain in the stomach
- Frequent vomiting
- Black stool
- Excessive thirst
- Pale, cold skin

If you contract dengue fever you should seek medical help immediately, drink large amounts of fluids and get plenty of rest

WHAT YOU NEED TO KNOW ABOUT DENGUE FEVER



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