

# शहीद भगत सिंह सांध्य महाविद्यालय SHAHEED BHAGAT SINGH EVENING COLLEGE

(दिल्ली विश्वविद्यालय) (University of Delhi)

NAAC द्वारा 'A' श्रेणी प्राप्त, NAAC Accredited 'A' Grade

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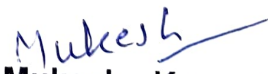
Dear Students,

**We request you to take steps to safeguard to you, your family & community against vector borne diseases. We hope to see everyone safe & healthy.**

- To avoid mosquito Bites wear full-sleeved clothing and use mosquito repellents. Put wire mesh on windows to prevent entry of mosquitoes (if possible).
- Cover all water tanks and containers with well fitted lids to prevent breeding of mosquitoes.
- All overhead and other water tanks / containers are to be properly covered with lid and overflow pipe / air vent are to be covered with wire mesh/cloth. In case of missing / broken lids matter may be taken up with PWD on priority.
- All coolers should be scrubbed and cleaned once a week and mopped dry before refilling water.
- In coolers that cannot be emptied, put one tablespoon of Petrol / Diesel.
- All unused containers, junk materials, tyres, coconut shells, etc. should be properly disposed off.
- Change water of flower vases, plant pots, bird pots every week to prevent mosquito breeding.
- Cover the toilet seat if going out of home for more than a week.
- Use bed nets at home and hospital during Dengue fever to prevent mosquito bites and to interrupt transmission, use aerosol, vaporizers (Coils/mats) during day time.
- Take plenty of fluids and rest in case of fever. Consult a doctor.
- Don't allow water to stagnate in and around houses.

डेंगू पर वार, हर घर है तैयार

  
(Prof. Arun Kumar Attree)  
Principal

  
(Dr. Mukesh Kumar)  
Nodal Officer, VBD

## DO's and DON'Ts for Dengue, Chikungunya and Malaria

DO's	DON'Ts
Cover all water tanks and containers with well fitted lids to prevent mosquito breeding	Do not keep water containers open as they can attract mosquitoes to breed
Empty, scrub and dry, coolers every week before refilling to prevent breeding of mosquitoes. Paint inside of coolers before use in summer	Don't use the old grass of cooler in the next season and properly dispose off the same
All unused containers, junk materials, tyres, coconut shells etc. should be properly disposed off	Don't throw broken utensils, unused bottles, tins, old tyres and other junks in open as <i>Aedes</i> mosquitoes breed in these objects during rainy season
Change water in flower vases, plant pots, bird bath every week to prevent mosquito breeding	Don't allow water to stagnate in and around houses in coolers, buckets, barrels, flower pots, bird baths, freeze trays, coconut shells etc
Cover the toilet seat if going out of home for more than a week	Don't depend only on platelet count for diagnosis of Dengue
To avoid mosquito bites wear full-sleeved clothing and use mosquito repellents to prevent mosquito bites. Put wire mesh on doors and windows to prevent entry of mosquitoes	Do not allow children to wear short sleeved clothes and play in water puddles and stagnant water bodies
Use bed net at home and hospital during dengue fever to prevent mosquito bite and to interrupt transmission, Use aerosol, vaporizers (Coils/Mats) during day time	Don't insist for hospitalization in case of Dengue fever unless advised by a doctor, as many Dengue patients do not require hospitalization
Take Paracetamol, plenty of fluids and rest in case of fever	Don't use Aspirin, Ibuprofen, Nimusulide and over the counter medicines for lowering down body temperature
<b>Create awareness among community</b>	<b>Do not create panic. Dengue, Chikungunya and Malaria are treatable.</b>