

PreventDENGUE FEVER

Dengue is a viral infection caused by the dengue virus, transmitted to humans through the bite of infected mosquitoes.



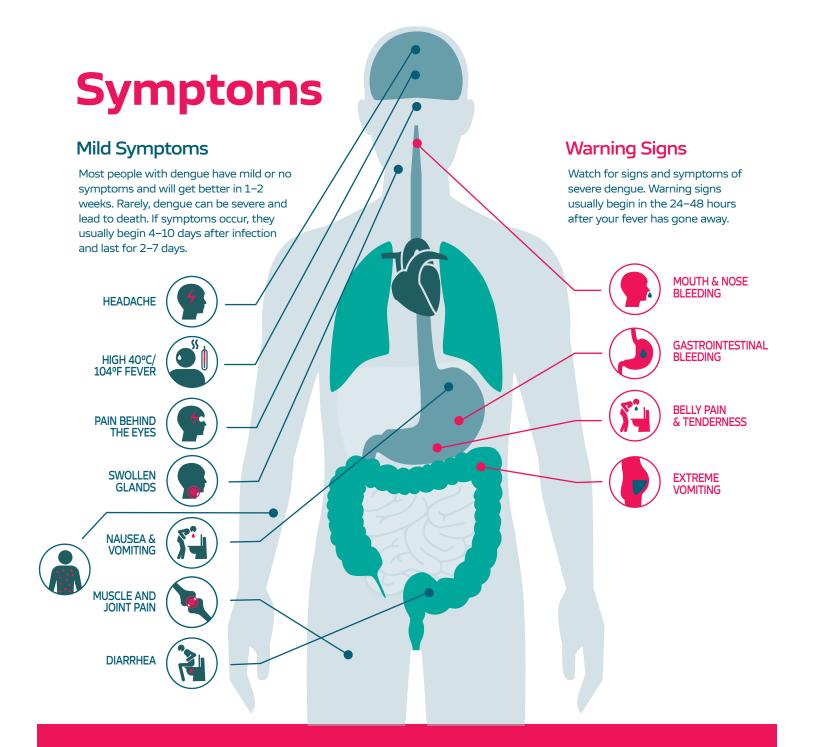
Prevention

- wear long-sleeved clothing and trousers to cover your arms and legs, particularly during early morning and early evening
- use insect repellent on your skin (ideally one that contains the ingredient at least 50% DEET)
- close windows and doors whenever possible, or use blinds or screens
- sleep under a mosquito net , including during the day
- coils and vaporizers
- dispose of used tires properly
- turn buckets and storage containers upside down
- keep garbage containers dry and covered
- change water and vase in flower pots









If you get dengue, it's important to:

- rest
- drink plenty of liquids
- use acetaminophen (paracetamol) for pain
- avoid non-steroidal anti-inflammatory drugs, like ibuprofen and aspirin
- watch for severe symptoms and contact your doctor as soon as possible if you notice any.

For advice on Mosquito Control, and to report activity in your area, please contact:

Mosquito Research and Control Unit Grand Cayman 949-2557 Cayman Brac 948-2223

Department of Environmental Health Grand Cayman 949-6696 Cayman Brac 948-2321



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