



## Watch out for **Dengue** fever

Pests are more than just a nuisance. Some of them are carriers of diseases such as dengue fever, malaria, cholera, typhoid and food poisoning. In Singapore, the common ones are the cockroach, fly, rat and rat flea.

But in our local tropical climate, none is as menacing as the mosquito, especially the *Aedes* mosquito that has been responsible for the spate of dengue cases recently.

### The bane of dengue fever

Dengue fever is a mosquito-borne disease caused by dengue virus. The more severe form of dengue fever is dengue haemorrhagic fever. There is currently neither cure nor vaccine for both dengue fever and dengue haemorrhagic fever. In Singapore, the disease is transmitted by *Aedes aegypti* or *Aedes albopictus* female mosquitoes that carry the virus.



### The symptoms

Please consult a doctor if you have any of the following symptoms:

- Flu-like illness
- Abrupt onset of high fever
- Severe headache with pain behind the eyes
- Muscle and joint pains
- Loss of sense of taste and appetite
- Nausea-like rash over chest and upper limbs
- Nausea



### Prevent mosquito breeding in 6 easy steps :

1. Cover bamboo baskets when not in use
2. Overturn pots and water cans and store them in sheltered areas
3. Clear away leaves in gutter drains
4. Seal off all gully and floor traps
5. Cover toilet bowls properly
6. Add sand granular insecticide to stagnant water in plants