



अखिल भारतीय आयुर्विज्ञान संस्थान राजकोट, गुजरात 360001
All India Institute of Medical Sciences, Rajkot, Gujarat 360001
A Central Autonomous Body under PMSSY, MoH&FW
Government of India www.aiimsrajkot.edu.in



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Circular

There has been reporting of dengue and other vector-borne diseases around the monsoon season. Dengue is an arboviral infection caused by adult mosquito "Aedes" bites. This mosquito is a day-biter and called as "Tiger mosquito" due to presence of white and black stripes on appendages.

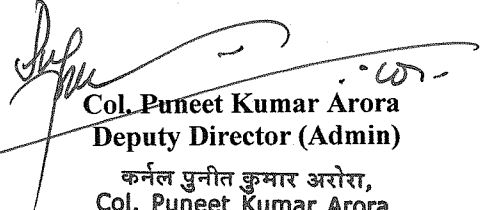
All faculty members, staff and students are advised to follow measures to avoid mosquito bites and prevent breeding for a "mosquito free" campus.

The common symptoms of dengue include fever, headache, joints/muscle pains, nausea and vomiting.

Following preventive measures and vigilance for warning signs should be followed at all workplaces and preferably home/ hostel at all times:

1. Try to prevent all man-mosquito contact by employing integrated vector management measures for larval and adult mosquito control.
2. Weekly checking and cleaning by scrubbing the breeding or presence of mosquito larva in overhead or artificial home water containers. Empty and throw out non-usable water containers such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers.
3. Check inside and outside workplace and hostel. Mosquitoes lay eggs near water.
4. Mosquito nets have limited utility in dengue control as the mosquito is a day biter. Insecticide treated mosquito net during daytime sleeping may be of limited utility.
5. Tight fitting screening of doors and windows with regular repair of holes to keep the mosquitoes out.
6. Wear thick full sleeved arms, pants and socks with shoes to limit mosquito bites but remember the mouthparts of mosquitoes are sharp enough to bite through clothes.
7. Use commercially available aerosols for spraying in dark corners, cupboards, closets and washrooms preferably during biting hours (morning and late afternoon). Locally available neem leaves or husk or coils can also be burned, followed by closing rooms for 15-20 minutes, to kill or repel mosquitoes.
8. Repellants or insecticides used should be environment friendly like Pyrethroid-based, oil of lemon eucalyptus and para-menthane diol and DEET.
9. Warning signs of dengue fever are a) abdominal pain; b) persistent vomiting; c) mucosal bleeding; d) red spots or points (rash) on skin; e) lethargy or restlessness.
10. Keep monitoring of health and reporting in case of illness to the appropriate authorities/ warden and seek medical attention, as and when required.




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2. All Heads of Department, AIIMS, Rajkot.
3. DDO, AIIMS, Rajkot.
4. Deputy Medical Superintendent I & II, AIIMS, Rajkot.
5. Administrative Officer, AIIMS, Rajkot.

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