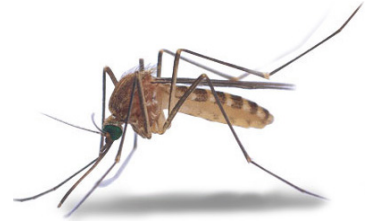


BEWARE OF BREAK BONE FEVER

Commonly called as Dengue fever is caused by virus and transmitted through infected mosquitoes.

Dengue can affect anyone but more likely to be severe in people with weak immune system. There is no vaccine for this yet as it can be caused by several types of viruses.



SYMPTOMS:

EARLIER PHASE

- High fever
- Intense headache
- Joint pain
- Muscle and bone pain
- Body Rash

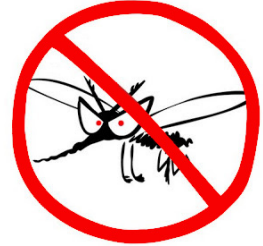


ADVANCED PHASE

- Intense stomach pain
- Disorientation
- Regular vomiting
- Blood vessels leaking fluid
- Death

HOW TO PREVENT IT?

- Always wear loose, light colored full sleeved cloths.
- Apply insect repellent over the exposed parts body.
- Use bed nets to avoid mosquito bites while sleeping.
- Put all the used bottles and cans in covered dustbins.
- Change the water inside vase, saucers under pots more often.



WELLNESS INITIATIVE BY :



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