



स्वास्थ्य केन्द्र
Institute Dispensary

Reference:

NITJ/Disp/2016/609-614
Date: 25/7/16

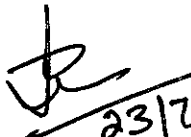
“Prevention is better than Cure”

Prevention From Dengue Fever A Health Advisory

Preventing Dengue Fever

The best way to prevent the disease is to prevent bites by infected mosquitoes, This involves protecting yourself and making efforts to keep the mosquito population down. To protect yourself:

- Use mosquito repellents.
- When outdoors, wear long-sleeved shirts and long pants .
- Make sure window and door screens are secure and free of holes. If sleeping areas are not screened or air conditioned, use mosquito nets.
- To reduce the mosquito population, get rid of places where mosquitoes can breed. These include old tires, cans, or flower pots that collect rain.
- Avoid unnecessary storage of water . Cover all containers properly.
- Keep home, environment and surrounding hygiene
- Remove all stagnant water and containers
- Keep all drains well maintained and repair all chokes
- Avoid accumulation of ground water. Fill up all defective grounds
- If you have symptoms of dengue, Contact Institute dispensary immediately.


23/7/16.
Dr Tarun Sehgal
Medical Officer

Coordinator Medical Facilities

Copy :- PA to director for Kind Info to Director Please , Registrar ✓

CC:- Chairman Medical Facilities

All Deans ,Chief Warden, Estate Officer for NA Please

Pl. Post it on
web site



Head CC

Mr Hemant Thapra

for NA pl 