

THE MINISTRY OF HEALTH ADVISES THAT TRINIDAD & TOBAGO REMAINS ON A

DENGUE ALERT!



SYMPTOMS of DENGUE HAEMORRHAGIC FEVER

- High fever
- Headache & facial flushing (redness)
- Loss of appetite
- Vomiting
- Discomfort / pain in belly (*especially on the right side, but may be generalised*)
- Bleeding tendencies:
 - Bleeding from skin, gums, nose, GI tract (black stools, vomiting blood and from injection sites)
 - Blood in urine
 - Coughing up blood
 - Heavy vaginal bleeding



CRITICAL STAGES

After 2-7 days the fever may subside and body temperature may be lower than normal. The victim may go into shock with sweating, restlessness and cold feet and hands.

WARNING SIGNS

IMMEDIATE medical attention is required if any of the following is being experienced:

1. Severe belly pain – especially 2-7 days
2. Frequent, large volume vomiting
3. Fluctuating body temperatures with profuse sweating or fainting
4. Restlessness and lethargy

IF SOMEONE IN YOUR FAMILY HAS DENGUE, IT IS IMPORTANT THAT YOU PROTECT OTHER FAMILY MEMBERS BY:

- **Spraying your home and surroundings to get rid of any mosquitoes**
- **Use mosquito nets and repellents to protect everyone in the home from being bitten**
- **Continue to keep your surroundings clean and water containers well covered**
- **Ensure plants in pots and vases do not harbour mosquitoes and larvae**



Avoid the use of Aspirin, Cataflam, Olfen, Ibuprofen & Motrin



SEEK PROMPT MEDICAL ATTENTION!

