

11 July 2019

Dear Residents

### PREVENTIVE MEASURES TAKEN AGAINST DENGUE INFECTION

Dengue fever and dengue haemorrhagic fever (a more severe form) are the most common mosquito-borne viral diseases in the world.

Dengue fever is an illness caused by infection with a virus transmitted by the *Aedes* mosquito. There are four serotypes of this virus (DEN-1, DEN-2, DEN-3 and DEN-4) which can infect you.

Dengue fever is spread through the bite of the *Aedes* Mosquito.

To prevent dengue fever, you must prevent the breeding of its carrier, the *Aedes* mosquitoes. *Aedes* mosquitoes are identified by the black and white stripes on their bodies. You can get rid of the *Aedes* mosquito by frequently checking and removing stagnant water in your home.

# TOP 5 BREEDING HABITATS @ HOME



**1** Domestic Containers

**2** Flower Pot Plates/Trays

**3** Ornamental Containers

**4** Plants (Hardened Soil and Plant Axils)

**5** Gully Traps

Residents are encouraged to carry out the “Mozzie Wipeout” practices:

- Turn the pail
- Flip the flowerpot plate
- Loosen the hardened soil
- Clear the roof gutter and planter / balconies drainage and place Bti / granular insecticide
- Ensure you keep the toilet bowls and watering cans covered whenever you travel

Those showing symptoms suggestive of dengue including sudden onset of fever for two to seven days, severe headache with retro-orbital (behind the eye) pain, joint and muscle pain, skin rashes, nausea and vomiting, and bleeding from the nose or gums or easy bruising in the skin should see a medical practitioner early to be diagnosed and managed accordingly.

Early diagnosis can facilitate better case management, and persons with dengue can also help prevent further transmission by applying repellent regularly so that mosquitoes do not bite and pick up the virus from them.

As for the common areas, the Management will instruct all appointed contractors to practice good housekeeping, weekly pest control programme i.e. fog/oiling, etc.

All of us, including residents and contractors, have a part to play in preventing dengue.

The latest updates can also be found on the NEA 's website, [www.nea.gov.sg](http://www.nea.gov.sg),

The Management

Latitude

