



Pakistan Oilfields Limited
HSE Bulletin
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“SMALL BITE, BIG THREAT-----STOP DENGUE”

“Dengue Fever & Its Precautions”

Dengue Fever Introduction

Dengue fever is a mosquito-borne tropical disease caused by the dengue virus. Symptoms typically begin three to fourteen days after infection. This may include a high fever, headache, vomiting, muscle and joint pains, and a characteristic skin rash. Recovery generally takes two to seven days.

How it Spreads

- Dengue is transmitted by the bite of an infected Aedes Aegypti mosquito.
- It is a small, black mosquito with white stripes and is approximately 5 mm in size.
- The mosquito breeds during rainy season and immediately after that (July to October) in Pakistan.
- Mosquitoes causing Dengue bite during the day.



How does one affected with Dengue

- The mosquito transmits the disease by biting an infected person and then biting a healthy one.
- The virus cannot spread directly from person to person but an infected person can be source of dengue virus for mosquitoes for about 6 days.

Types of Dengue

It occurs in two forms:

- Classical Dengue Fever
- Dengue Hemorrhagic Fever
- Dengue Shock Syndrome



Symptoms of Classical Dengue Fever

- Sudden onset of high fever with chills.
- Severe muscle and joint pains.
- Severe frontal headache.
- Pain behind the eyes which worsens with eye movement.

- Extreme weakness and loss of sense of taste and appetite.
- Pain in abdomen with nausea and vomiting

ہمیں آپ کی صحت اور تندرستی عزیز ہے!

ڈننگی ہیمرج (Hemorrhage)
خطرناک ہو سکتا ہے

اگر آپ

کے پیٹ میں شدید درد ہے، مسلسل قے آرہی ہے، ناک، منہ وغیرہ سے خون کا اخراج ہو رہا ہے، تھابت اور فنوڈگی یا خون کی اٹنی کی شکایت ہے، بخندے پسینے آتے ہیں، سانس پھولتا ہے یا کافی مقدار میں پانی پینے کے باوجود گہرے رنگ اور کم مقدار میں پیشاب آتا ہے

تو دیر مت کیجئے!

ان علامات میں سے کوئی ایک بھی علامت ظاہر ہو تو گھر پر علاج کرنے کی بجائے فوراً سرکاری ہسپتال کے شعبہ ایمرجنسی میں تشریف لائیں۔

- Patient generally feels very sick and depressed.
- Typical pinkish red rash in the form of diffuse flushing, pinhead eruptions on body (except face) 3-4 days after fever begins.

Dengue Hemorrhagic Fever (DHF)

Dengue hemorrhagic Fever (DHF) should be suspected if one or more of the following symptoms appear, besides the above mentioned symptoms of classical Dengue fever.

- Bleeding in the form of petechiae, which appear as dark bluish black patches on skin (of pin head size or larger)
- Easy bruising bleeding from nose, mouth or gums
- Blood in the vomited matter or in stool
- Excessive thirst.

Dengue shock syndrome (DSS)

This form of dengue fever can be life-threatening or even fatal. Apart from all other symptoms mentioned above, the patient may develop the symptoms of shock which are as follow:

- Extreme restlessness.
- Pale, cold or clammy skin despite high fever.



- Dry mouth with much thirst.
- Rapid weak pulse and low blood pressure.
- Patient may start losing consciousness.

General management of classical Dengue fever

- If fever is more than 102 °F, carry out hydrotherapy to bring down the temperature.
- Drink plenty of fluids, shikanji (lime water), etc.
- Take sufficient rest.
- Continue normal feeding.
- Protect yourself from mosquito bite. This will not only keep you away from this infection, but also in turn prevent others from catching this infection.

Symptoms of DHF & DSS need urgent medical attention. If any of the symptoms indicative of DHF or DSS develop, rush the patient to the nearest hospital at the earliest for appropriate investigation and treatment.

Patients with Dengue Hemorrhagic fever may need

- Replacement of lost fluids.
- Transfusions of platelets (a kind of blood cells which become low in DHF and DSS) to control bleeding.

Common sites of breeding of Aedes Mosquitoes

- Water air cooler
- Unclean ponds and other water bodies
- Garbage

- Water collected in open vessels
- Old and discarded tyres
- Accumulated dirty water

How to Prevent Dengue Fever

Dengue fever can be prevented as follow:

- Assign staff for the control and prevention of mosquitoes on in offices / operational areas.
- Cover as much exposed skin as possible including wearing long-sleeved shirts and long pants.
- Tidy up the offices / operational areas regularly and check for any accumulations of stagnant water.
- Change the water in flower vases and clear the water in the saucers of potted plants.
- See a doctor as soon as possible if you feel unwell while you are away or when you return.
- If it is not possible to completely drain the water off from room cooler, water tanks etc. put tablespoon of petrol or kerosene oil into water.
- Discard items that can collect rain or run-off water especially old and discarded tyres, broken pots etc.
- Use screen on doors and windows
- Use mosquito nets, mosquito repellent creams, liquids, coils, mats etc.



ڈینگی بخار

سے بچاؤ کے لیے احتیاطی تدابیر اپنائیں

ڈینگی کے مچھر کی افزائش صاف پانی میں ہوتی ہے
لہذا مندرجہ ذیل احتیاطی تدابیر ضرور اپنائیں:-

- پانی کی ٹینکی، باٹی، ڈرم کنسترجن میں صاف پانی ہے اور پھولدان، گلے کے نیچے رکھے ہوئے برتن، بوتلوں میں رکھے گئے پودوں کو اچھی طرح ڈھانپ کر رکھیں تاکہ مچھر ان میں داخل نہ ہو سکیں۔
- مچھروں سے بچاؤ کے لیے کھڑکیوں اور دروازوں پر جالیاں لگوائیں۔
- سوتے وقت دوا لگی مچھردانی کا استعمال کریں۔
- طلوع اور غروب آفتاب کے اوقات میں جسم کے کھلے حصوں کو اچھی طرح ڈھانپ کر رکھیں اور مچھر بھگاؤ لوشن (repellent) لگائیں۔
- گھروں میں مچھر مار پیرے یا مچھر بھگانے کے لیے کوائل کا استعمال بھی بے حد مفید ہے۔