

A Dengue-Free Me

A Campaign on the Prevention and Control
of Dengue for Health Promoting Schools



Urbani
School Health Kit



World Health
Organization
Western Pacific Region

Urbani School Health Kit
TEACHER'S RESOURCE BOOK

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Key Issue

Preventing and controlling dengue.

Objectives

After the lessons, schoolchildren **ages 5 to 9** will be able to:

- Identify the mosquito as a harmful insect
- Name ways of protecting oneself from getting bitten by mosquitoes
- Describe a person who gets dengue
- List ways of stopping spread of dengue

After the lessons, schoolchildren **ages 10 to 12** will be able to:

- Discuss the factors in the development of dengue
- Describe the transmission of dengue
- Explain the lifecycle of mosquitoes and their role in the transmission of disease
- Describe the signs and symptoms of dengue
- Explain what should be done when a person has signs and symptoms of dengue
- Discuss the importance of early detection and prompt treatment of Dengue
- Share experiences in keeping the environment clean and free from disease causing mosquitoes.

Key Messages

For ages 5 to 9

- The mosquito is a potentially harmful insect since it may carry the organisms that cause dengue in humans.
- A person who gets dengue develops suddenly with a high fever, rash, severe headache, pain behind the eyes, and muscle and joint pain.
- Children can help prevent dengue by removing mosquito breeding sites like pots, water containers, and trash which has accumulated water.
- Protecting oneself from mosquito bites includes wearing proper clothes (long sleeves and pants), use of mosquito nets or mosquito repellants.

In addition, for ages 10 to 12

- Preventing infectious disease starts with an understanding of the factors that influence the spread of infectious diseases.
- A healthy person has a better immune system to fight off diseases.
- Mosquitoes may carry the virus that cause dengue.
- Persons who manifest the signs and symptoms of dengue should get prompt treatment.
- Children have an important role to play in preventing dengue in the community.

Activities

For ages 5 to 9

- Role-playing
- Demonstration: protecting oneself from mosquito bites
- Fieldwork: cleaning mosquito breeding sites in the environment

For ages 10 to 12

- Investigative report/survey of home and school for mosquito breeding sites

Materials/Resources

For ages 5 to 9

- Long sleeved shirts and pants, mosquito repellants and mosquito nets
- Board game and sets of questions for the game
- Chart for identifying mosquito breeding sites

For ages 10 to 12

- Survey chart

Keeping the environment clean and free of disease-causing mosquitoes is important to the prevention of dengue. Some mosquitoes carry the virus that causes dengue. These organisms are transferred to humans by mosquito bites. Dengue is among the major causes of disability and death worldwide, especially among children.

The mosquito as a harmful insect

Young children should be taught that the mosquito is an example of a harmful insect. The mosquito feeds on the blood under the skin of people. The bite creates an itchy rash. In most cases, this is simply an annoyance that goes away without the need for medical treatment. However, a mosquito bite can cause serious disease if the mosquito happens to be carrying the viruses that cause dengue.

The effects of dengue

Dengue is both preventable and curable but it also kill when the person is not given prompt treatment. A **person with dengue** has high fever, severe headache, pain behind the eyes, a rash, and muscle and joint pains. Sometimes dengue can cause bleeding from the nose, gums, or even the stomach, intestines and brain. This is a particularly dangerous form of dengue that can lead to death if not treated early. A child who has the symptoms of dengue should be given prompt medical attention. Tell the children that if they do not feel well, they should always tell an adult: their parents, teachers or school nurse.

Preventing spread of dengue

Preventing spread of dengue targets the **factors involved in their transmission**, namely: host, agent and environment.

What should children know about dengue?



The Aedes mosquito carries the dengue virus.

(Illustration courtesy of the Department of Health, Republic of the Philippines)



The host. The host is the person who is at risk of getting the disease. Protection of people from exposure to mosquito bites is the key to stop their being infected with the dengue virus.

Dengue causing mosquitoes usually bite during the day.

In general, children should wear protective clothing, such as long-sleeved shirts and pants so that mosquitoes would not have access to bare skin. Mosquito-repellants and insecticide spray may also be used to drive away mosquitoes. Children should also avoid going to places such as breeding sites of mosquitoes. Proper nutrition is also important since good nutrition boosts the immune system, which helps fight disease..

The agent/vector. The agent or vector is the organism that transmits a particular disease or parasite from one person to another. The mosquito is the agent responsible for transmitting dengue. Knowing about the life cycle of a mosquito can make children aware of where mosquitoes

This is the life circle of the mosquito (Aedes) that carries the dengue virus.



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