

# BCM SCHOOL, BASANT AVENUE, DUGRI, LUDHIANA

## Fight the Bite Campaign

### STOP DENGUE

It's in your hand

## What is Dengue?

It's a viral infection transmitted by the Aedes mosquito

### Dengue Fever Symptoms



One bite is enough to infect a person.  
Symptoms take 5 – 8 days to appear.

# Ways

# to Protect Against

# Mosquitoes!



**Check for stagnant water**  
this is how they breed!  
Check your yard regularly.



**Flush**  
birdbaths, fountains  
& pet water bowls



**Dispose of old items**  
in the backyard

these create breeding  
grounds for mosquitos!



**Use yellow**  
bug lights  
outdoors

**Wear tightly**  
woven fabrics

Mosquitoes can't penetrate  
clothing that has a tight weave.



**Stay in the**  
Breeze!

A breeze above 1 MPH makes  
it difficult for mosquitoes to fly.  
Pick a breezy spot or use a fan.



**Wear Light colors**

Dark colors stand out, but  
light colors are less attractive

**Avoid peak**  
mosquito hours

Wind typically dissipates  
as the sun rises and sets  
so head indoors.



DEET causes an allergic reaction  
in a small percent. Used as  
directed, it's basically harmless  
and effective,

# fight the bite



## PREVENT MOSQUITO FROM BITING YOU AND TRANSMITTING DISEASES.

- Wear long sleeves and trousers.
- Use repellents on skin and clothing.  
Ask an adult for information and help.
- Avoid places with standing water, garbage piles, uncut grass, or vacant lots.
- Help eliminate mosquito breeding sites.
- If you have already been bitten and have fever + headache + rash + nausea or vomiting: do NOT medicate yourself.  
See a doctor.

SHARE THIS INFORMATION WITH YOUR FRIENDS  
AND HELP THEM TAKE ACTION

#fightthebite