

DENGUE FEVER in the Cook Islands Infographics



KILL IT



What Precautions to Take

- Use **mosquito nets** over your bed
- Wear **long pants and shirts** when possible, particularly in thick vegetation areas and at night.
- **Avoid wearing dark colors** as they attract mosquitos.
- Use a **strong insect repellent** containing DEET.
- Use appropriate candles, lamps or even smoke to deter mosquitos.
- **Avoid risk areas**, such as swamps and rainforests. Check that no stagnant water lies near your

Dengue Symptoms

- 4-10 day incubation period
- **High fever.** Around 40 C/ 104 F, over several days
 - **Pain behind eyes**
 - **Muscle and joint aches**
 - Severe and **itchy rash**
 - Stomach and bowel problems, **Nausea & vomiting**
 - **Loss of Appetite**
 - **Severe Fatigue**

5 Steps to Take If You Get Sick With Dengue Fever

1. See a **medical practitioner** and have your **blood tested** for dengue.
2. The lower the **number of platelets**, the weak your body will be. To improve the blood count, use an ancient island remedy—the **pawpaw leave extract**. see our website link below for the recipe.
3. Take only appropriate **pain killers**, not one which can aggravate the disease. **Avoid Aspirin and Ibuprofen**, which increases the risk of internal bleeding.
4. **Stay hydrated.** If you become dehydrated you may require an **infusion / intravenous drip**.
5. **Rest**, and we mean rest a lot. It's probably the only thing that will help your body recover.