

**BROUGHT TO YOU BY:**



**SOURCE SUPPORTED BY:**

HARYATI BINTI ANUAR  
FACULTY OF PHARMACEUTICAL  
SCIENCES  
UCSI UNIVERSITY

# FACTS AND MYTHS ABOUT DENGUE



# Facts on Dengue



- **Dengue Fever** is a disease caused by a family of **viruses** transmitted by female mosquitoes mainly of the species of *Aedes Aegypti*.
- **Symptoms:** Severe joint and muscle pain, swollen lymph nodes, headache, fever, exhaustion, and rashes.
- Dengue fever is caused by a virus and there is no specific medicine or antibiotic to treat it.





Myths	Facts
Women are more susceptible to mosquito bites.	There is no study to prove the theory that women are more susceptible.
Dark clothes attract mosquitoes.	<p>It's your body odour or sweat and the amount of CO<sub>2</sub> that attracts the mosquitoes to you and not any certain colour.</p> <p>The levels of water vapour close to our skin can vary depending on the surrounding temperature.</p> <p>(Jill Seladi-Schuman, Oct 8, 2019)</p>
Consuming bananas during the night ultimately increases your chances of getting bitten by mosquitoes.	<p>Fruits: Intake of fresh fruits such as banana, apple, pomegranate, citrus, guava and others help replenish minerals and vitamins lost in vomiting or as a result of high fever.</p> <p>(Jill Seladi-Schuman, Oct 8, 2019)</p>



Myths	Facts
One can only get dengue once in a lifetime.	Dengue is caused by a virus of four different strains. Therefore, a person affected by dengue can be attacked by different strains. (Star Online Feb 20, 2016)
There is a vaccine available for dengue.	No vaccine or specific drug is available to treat dengue. (Star Online Feb 20, 2016)
Dengue transferred via physical contact.	Dengue CANNOT spread via human contact. Dengue is carried by a vector which is the Aedes Aegypti mosquito.

# Best WAYS To Relieve Mosquitoes Bites



- **Avoid Scratching**
  - Scratching can increase swelling, and it breaks your skin, putting you at risk of an infection.
- **Apply Cold Compress To The Site**
  - Using a cool compress like a wet towel or cold pack can help with swelling and itch.
- **Use Lotions Or Creams**
  - There are a variety of itch-relieving creams available for purchase, including hydrocortisone cream and calamine lotion.
- **Consider Over-The-Counter (OTC) Antihistamines**
  - If you have a stronger reaction to mosquito bites, consult your community pharmacist for OTC drug recommendation.



Thank You

