



DENGUE FEVER

The **3S** of Dengue Prevention

SEARCH & ELIMINATE

1. Discard old tires.
2. Cut & rake yards as well as bushy areas. Fill in puddles or crab holes.
3. Pick up empty coconut shells, empty bottles, and cans. Discard the trash properly.
4. Empty canoes and boats that contain water, then turn them upside-down to avoid catching water.
5. Empty wash containers & pet dishes daily and change water in flower vases once a week.
6. Clean out & tightly cover water collection tanks.

SELF-PROTECTION MEASURES

1. Use screens on doors and windows.
2. Use insect repellent on exposed skin in areas where mosquitoes are detected. Re-apply repellent as needed following product use instructions.
3. Wear long sleeves, pants, socks, and shoes especially in areas where mosquitoes are detected or while cleaning around the house.

SEEK EARLY CONSULTATION

1. If you or a family member has a fever that lasts two days or longer and rashes on the skin, consult a physician/doctor or visit the nearest health center. The Belau National Hospital as well as the private clinics in Palau are able to test for Dengue Fever.
2. Severe cases of Dengue Fever can result in Dengue Hemorrhagic Fever, Dengue Shock Syndrome, and even death. Those with weakened immune systems—young children, the elderly, or those who suffer from chronic diseases—as well as those who have been infected with Dengue in the past, are more at risk for severe Dengue.
3. Avoid taking Aspirin, Motrin, or Ibuprofen if you think you may have Dengue Fever. If you are currently on a medication regimen that requires taking Aspirin, consult with a physician/doctor as soon as you exhibit symptoms of Dengue Fever.
4. If you are tested positive for Dengue Fever, serious complications can develop. Consulting with a physician/doctor and recognizing Dengue Fever early can save your life.

COMMON SYMPTOMS

Sudden High Fever

Severe Headache & Backache

Chills

Body Ache

Joint & Muscle Pain

Pain When Moving Your Eyes

Loss of Appetite

Vomiting

DAILY OPERATION HOURS OF PRIVATE CLINICS

BELAU MEDICAL (YANO) CLINIC

DAY is 8:00AM - 11:00AM

NIGHT is 5:00PM - 8:00PM

closed on weekends

PFMS (KUARTEI) CLINIC

8:00AM - 4:00PM

closed on weekends

FAMILY SURGICAL (EMAIS) CLINIC

8:00AM - 4:00PM

closed on weekends

CAMP KATUU IN AIRAI

Mondays: 10AM-12PM

Tuesdays & Thursdays: 3PM-5PM

Wednesdays & Fridays: 8AM-10AM

closed on weekends



#fightthebite

For more information on mosquito-borne diseases, please contact the **MOH Communicable Disease Unit at 488-2450**. For more tips on how to stop the breeding of mosquitoes and prevent infection, please contact the **MOH Division of Environmental Health, Vector Control and Prevention Program at 488-6073 or 488-6345**.