SALWAN PUBLIC SCHOOL

Pt. Girdhari Lal Salwan Marg, Rajendra Nagar
New Delhi – 110060

CIRCULAR

Subject: Prevention against Vector borne diseases
Classes Nursery- XII

SPS/191/ 2026-27 8.5.2026

Dear Parent

Dengue, Chikungunya, and Malaria are key vector-borne diseases of public health concern in Delhi. Dengue and Chikungunya are viral infections transmitted by *Aedes aegypti* mosquitoes, whereas Malaria is caused by *Plasmodium* parasites transmitted by *Anopheles* mosquitoes. These diseases present with overlapping clinical features such as fever, myalgia, and fatigue, but differ in etiology, severity, and potential complications. The peak transmission season, from July to November, coincides with favorable environmental conditions for mosquito breeding, underscoring the need for early preparedness and preventive interventions.

It is of utmost importance that all of us take necessary preventive measures to eliminate mosquito breeding sources and actively participate in the prevention and control of Vector Borne Diseases (VBDs).

Do's: Active Prevention

- **Cover all water tanks and containers with lid.**
- **Remove Stagnant Water:** Dispose & destroy all unused containers, junk materials, tyres, coconut shells, etc. Empty and dry water coolers, flower pots, bird baths, and containers at least once a week. **:** Fix leaky taps.
- **Protect Yourself:** Wear long-sleeved shirts, pants, and socks, especially in the early morning and evening.
- **Use Repellents:** Apply mosquito repellents (including coils, vaporizers, and creams) to exposed skin or in living areas.
- **Sleep Safely:** Use mosquito nets while sleeping, especially for children and during the day.
- **Install Screens:** Use wire mesh on doors and windows to keep mosquitoes out.

Don'ts: Avoid Hazards

- **Do Not Accumulate Junk:** Do not keep old tyres, broken utensils, or tins in the open, as they collect rain water.
- **Do Not Let Children Play in Short Clothes:** Avoid letting children wear short sleeves or shorts, particularly during dawn and dusk.
- **Do Not Leave Water Tanks Open:** Do not leave overhead tanks, water containers, or buckets uncovered.
- **Do Not Neglect Fever:** Do not ignore high fever, severe headache, joint pain, or rashes; consult a doctor immediately.
- **Do Not Self-Medicate:** Avoid taking aspirin or ibuprofen for fever without checking with a doctor, as these can increase bleeding risk in dengue cases.

Regards

Priyanka Barara
Principal

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