



Protect yourself and your family from dengue, a potentially deadly virus



ROTARY CLUB
OF BALI SEMINYAK



FIGHT — **THE** **BITE**

ROTARY



**CLUB OF BALI
SEMINYAK
INDONESIA**



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- **KLINIK MITRA KASIH, DENPASAR**
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FIGHT THE BITE

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FIGHT THE BITE



PROTECT YOURSELF & YOUR FAMILY

In 2014 there were over 8,000 documented cases of dengue in Bali! To date over 4,000 cases have been reported since January 2015.

A community health initiative. This health initiative is brought to you by the Rotary Club of Bali Seminyak. Information in this booklet is provided by the Health Department of Bali Province and health professionals from Kasih Ibu Hospital

Prevent the spread of dengue in our community by **following these 4 easy steps:**



1. COVER UP

Wear long sleeves and pants particularly during dawn & dusk when mosquitos are most active



2. REPEL

Use mosquito repellent when outdoors



3. PREVENT

Throw away any still or standing water



4. ELIMINATE

Rid mosquitos by using a mosquito trap

The Mosquito Trap: Included in this package is a detailed instructions sheet on how to make your own mosquito trap. We have also made a video for you to follow step-by-step instructions on how to create the trap in your own home.

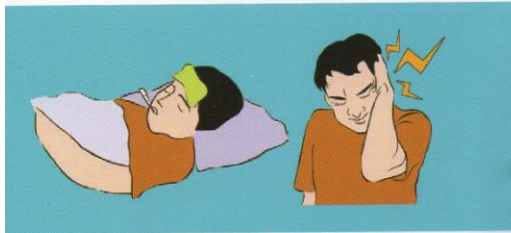
You can view it online through YouTube here:
<https://www.youtube.com/watch?v=KhlhgccRY8M>

FIGHT THE BITE

Do I Have Dengue??

Dengue fever begins with the following symptoms:

1. Fever (over 38 degrees Celcius/104 degress Fahrenheit)
2. Severe headache
3. Eye pain with movement and pain behind the eyes
4. Pain in muscles, joints and bones
5. Rash
6. Bleeding often mild from the nose and gums



If you have any of these symptoms, please consult with a doctor and go to your nearest clinic

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Phone:

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Kasih Ibu Hospital - Kedonganan

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Kasih Ibu Hospital - Tabanan

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LET'S GET TECHNICAL WHAT IS DENGUE?

Dengue is a potentially deadly virus transmitted by the Aedes mosquito. It has become a serious health concern particularly in tropical and urban areas, impacting the island of Bali with over 4,000 documented cases already this year. It is characterized by a fever typically with two of the following complaints:

- Headache
- Back eye pain
- Muscle pain
- Bone pain
- Rash
- Bleeding manifestation accompanied by lab findings of leucopenia (wbc 5000 cells/mm³)
- Thrombocytopenia (platelet count <150 000 cells/ mm³)
- Hemoconcentration of blood
- Thrombocytopenia <100 000 cells/ mm³; hemoconcentration of blood

Dengue fever is divided into
4 gradings of severity
(WHO classification of dengue infections
and grading of severity of Dengue)

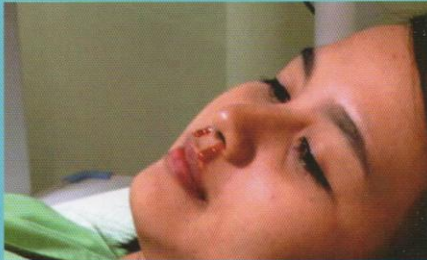
STAGE 1



Symptoms in this stage include:

- Fever
- Headache
- Back Eye Pain
- Muscle Pain
- Nausea or vomiting
- Altered taste sensation
- Sore throat

STAGE 2



Symptoms in this stage include:

- Bleeding gums
- Spot bleeding on the skin
- Nose Bleed
- Blood in the urine
- Heavy flow during menstrual cycle

STAGE 3



Symptoms in this stage include:

- Clammy hands
- Pre-shock condition (circulatory failure (weak pulse, narrow pulse pressure (≤ 20 mmHg) hypotension, restlessness)

FIGHT THE BITE

It's confirmed, You have Dengue
Here's what to do

WHEN YOU HAVE A FEVER

1. Bed Rest
 - You need as much as possible
2. Control your fever
 - Do not take any ibuprofen, aspirin or any aspirin-related drugs. Essentially, no pain killers!
 - For high fever, take paracetamol every 6 - 8 hours
 - Sponge your skin with cool water
3. Prevent Dehydration
 - Drink plenty of fluids
 - If you have any of the following symptoms, go to the hospital or emergency room immediately:
 - Decrease in urination
 - Dry mouth, tongue or lips
 - Sunken eyes
 - Confusion
 - Rapid heart beat
 - Cold/clammy hands & toes

WHEN YOUR FEVER HAS GONE

Watch out for these warning signs as temperature declines at day 3-7:

- Severe abdominal pain or persistent vomiting
- Red spots or patches on the skin
- Bleeding from your nose or gums
- Vomiting blood or blood in stool
- Drowsiness or irritability
- Pale, cold or clammy skin
- Difficulty breathing

"If you have dengue: protect your family! It is important to shield yourself from further mosquito bites at this time as you are now a carrier of the virus"



CENTER OF EXCELLENCE KASIH IBU HOSPITAL

- Travel Medicine & Vaccination
- International Division
 - Inpatient Ward
 - Alarm Centre (International Patient Assistance Centre)
 - Emergency Room 24 Hours
 - Brain and Spine Centre with IONM (IntraOperative Neurophysiological Monitoring)
 - Orthopedic Centre
 - Stroke Center with TMS (Transcranial Magnetic Stimulation)
- Hemodialysis

