

CHRONICLES

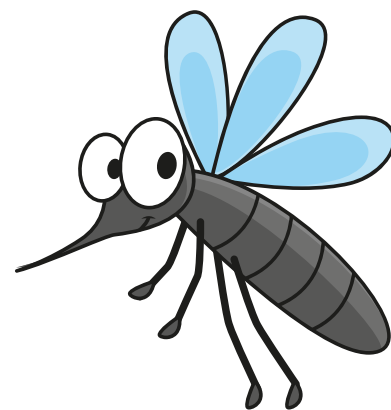
"How do we change the world? One random act of kindness at a time."

– Morgan Freeman



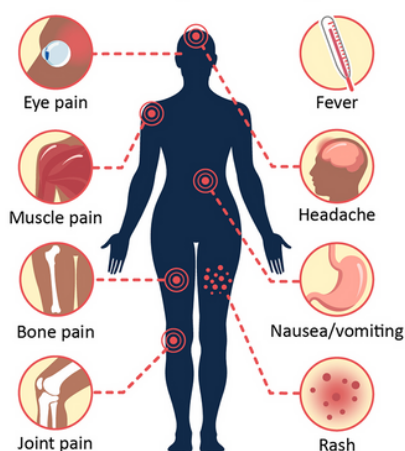
BEWARE! THE DENGUE SEASON IS UPON US

Sri Lanka is a tropical country there is an abundance of blood-sucking critters. Mosquitoes in particular spread numerous diseases and have caused epidemics that have put the healthcare system in overdrive due to the increase in patients needing medical care. This dengue season there have been a record-breaking 27,000 cases recorded. With 50% of the recorded cases being in the western province.



Dengue Symptoms

Fever with any of the following



The symptoms of dengue fever include,

1. High fever (above 38°C or 100.4°F)
2. Headache and body aches
3. Nausea and vomiting
4. Skin rash
5. Pain behind the eyes
6. Joint and muscle pain
7. Fatigue
8. Loss of appetite

In severe cases, dengue fever can lead to dengue hemorrhagic fever (DHF) or dengue shock syndrome (DSS), which can be fatal.

Preventing dengue fever involves avoiding mosquito bites and eliminating breeding sites. Here are some tips for preventing dengue:

- **Use mosquito repellent:** Apply mosquito repellent containing DEET or picaridin to exposed skin. Even herbal oils like Citronella oil will work as well.
- **Wear protective clothing:** Wear long-sleeved shirts and pants to cover your skin.
- **Use mosquito nets:** Sleep under a mosquito net, especially if you enjoy afternoon naps.
- **Eliminate breeding sites:** Remove any standing water in and around your home to prevent mosquitoes from breeding. Adding Gambusia Affinis Fish, called Mosquito Fish to ponds and removing stagnant water collection sites is effective in eliminating breeding grounds.

AVURUDU CELEBRATIONS 2023



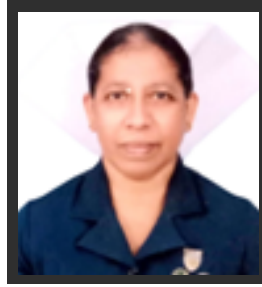
Welcome!



Dr Aathifa Salam
Medical Officer
Medical Services



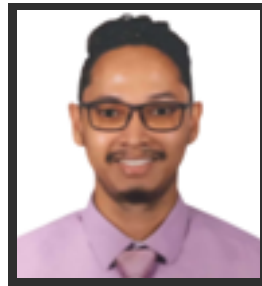
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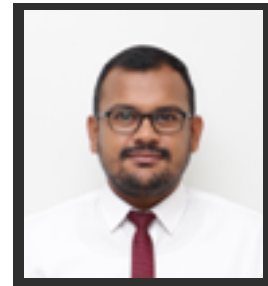
Mr Ibrahim Iqbal
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AVURUDU KUMARIYA AND KUMARA



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