

Handbook of Mosquito-Borne Diseases: Symptoms, Treatment & Prevention



INTRODUCTION

This booklet is a part of the Maldivian Red Crescent's #MadhiriaaMaDhuru campaign to raise awareness nationwide about vector-borne diseases in the Maldives. It serves as a comprehensive guide to preventative methods, including information on signs, symptoms, and treatment of vector-borne diseases in the Maldives.

CONTENTS

Understanding Vectors and Vector borne Diseases of Public Health Concern in the Maldives

- Dengue
- Chikungunya
- Zika

Treatment at Home

Preventative Measures:

- Individual
- Community level

VBDs Symptoms Checklist

Understanding Vectors and Vector Borne Diseases.

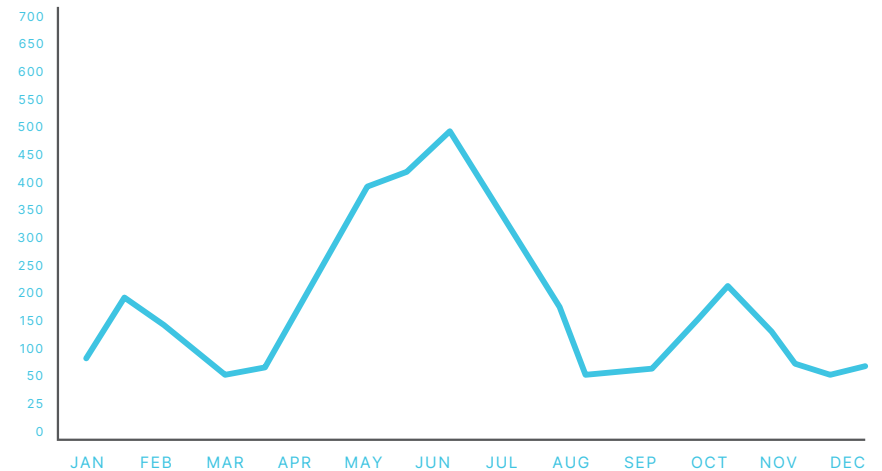
WHAT ARE THE VECTORS OF PUBLIC HEALTH CONCERN IN MALDIVES?

Vectors are living organisms that can transmit infectious pathogens between humans, or from animals to humans (WHO,2024). Vectors of public health concern in Maldives includes:

Mosquitoes / Mites / Flies.

Some examples of vector borne diseases found in the Maldives include:

Dengue / Chikungunya / Zika



Maldives observes seasonal spikes of mosquito-borne diseases mostly after rainy days.



Dengue

DENGUE FEVER: Viral Illness

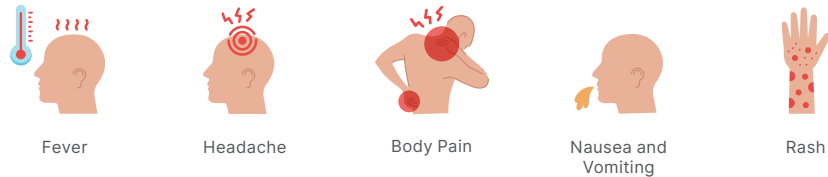
MOSQUITO TYPE: *Aedes Aegypti* and *Aedes Albopictus*

TRANSMISSION: Through bite of an infected mosquito

AT RISK POPULATION: All ages (Infants to elderly)

SYMPTOMS: Symptoms usually begin 4–10 days after an infected mosquito bites you.

MOST COMMON SYMPTOMS:



SEVERITY Symptoms usually begin 4–10 days after being bitten by an infected mosquito.



WHAT ARE THE WARNING SIGNS?

- ⊕ Abdominal Pain
- ⊕ Severe Dehydration (Less Urine Output)
- ⊕ Feeling tired, restless or irritable
- ⊕ Vomiting blood, or blood in the stool
- ⊕ Bleeding from nose or gums



While it is important to stay hydrated when diagnosed with dengue, you should AVOID intake of red or dark coloured fluids.

Children, pregnant women, the elderly and those with some major co-morbidities are at increased risk of severe dengue. Dengue can be life threatening if left untreated

Chikungunya

CHIKUNGUNYA: Viral Illness

MOSQUITO TYPE: *Aedes Aegypti* and *Aedes Albopictus*

TRANSMISSION: Through bite of an infected mosquito

AT RISK POPULATION: All ages (Infants to elderly)

SYMPTOMS: Symptoms usually begin 3–7 days after an infected mosquito bites you.

MOST COMMON SYMPTOMS:



OTHER SYMPTOMS:



SEVERITY Life threatening conditions are rare in Chikungunya.



Most patients feel better within a week. However, joint pain can be severe and disabling and may persist for months.

Zika

ZIKA: Viral Illness

MOSQUITO TYPE: *Aedes Aegypti* and *Aedes Albopictus*

TRANSMISSION: Through bite of an infected mosquito

AT RISK POPULATION: During Pregnancy (Pregnant Woman and Foetus)

SYMPTOMS: Symptoms usually begin 3–14 days after an infected mosquito bites you.

MOST COMMON SYMPTOMS:



Fever



Red Eyes



Rash

OTHER SYMPTOMS:



Body Pain



Headache



Zika infection during pregnancy can cause serious birth defects such as microcephaly and can cause other complications during pregnancy..

In Case of Fever:



Rest



Eat Healthy Foods



Drink plenty of fluids to stay hydrated. (When diagnosed with dengue, **avoid** taking red or dark coloured fluids)



If fever/joint pain/swelling persists or any warning signs occur, consult a health professional immediately



Important to note:

Take **ONLY** Paracetamol to reduce fever & pain. If you're on prescribed medications, consult your doctor.

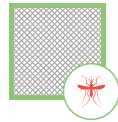


How to protect yourself from Vector Borne Diseases.

Individual Level

To protect yourself against vector borne diseases it is crucial that you:

- 1 Keep doors and windows closed, **especially during morning and evening** when Aedes mosquitoes are most active.



- 2 Use mosquito netting over windows.

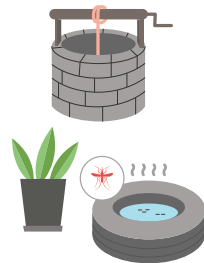
- 3 Apply effective mosquito repellent (spray/lotion) that contain the following ingredients:



DEET, Picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), Para-menthane-diol (PMD), 2-undecanone.

- 4 Regularly inspect in and around your home to check for any standing water and clean it thoroughly.

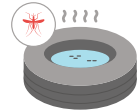
- ⊕ Ensure proper handling of materials and proper disposal of garbage to avoid water collection
- ⊕ After rainy days check the premises for any standing water and clean properly.
- ⊕ Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, flowerpots, or trash containers



- 5 Wear loose and light-coloured clothing that covers your limbs



- 6 Keep fish that eat mosquito larvae in wells or large water bodies. Wells and tanks can be properly closed or covered.



- 6 If you have dengue, chikungunya or zika avoid getting bitten by mosquitoes to prevent the spread



Community Level

- 6 Encourage community participation in vector control initiatives and activities.

- 7 Do your part and actively participate in cleanup activities to remove potential breeding sites and stagnant water areas in your community.

- 8 Avoid disposing trash on the roadside where it can collect water during rain.

- 9 Educate communities about the symptoms of preventive measures of vector-borne diseases.

- 10 Encourage and contact relevant authorities for timely vector control measures.

Vector Borne Diseases Symptoms Checklist.



Symptoms		Dengue	Chikungunya	Zika
Fever		✓	✓	✓
Headache		✓	✓	✓
Body Pain		✓	✓	✓
Joint Pain/Swelling			✓	
Feeling Tired, Restless, Irritable		✓		
Rash		✓	✓	✓
Nausea Vomiting		✓	✓	
Dehydration		✓		
Bleeding From Nose/Gums		✓		
Vomiting Blood, Blood In Stool		✓	✓	
Red Eyes				✓

Note: Symptoms may vary for each individual. If you are experiencing any of these symptoms, seek immediate medical attention.



މަދިރިޔާމަދުވުމުގެ_ދުވަހުގައި މަދިރިޔާމަދުވުމުގެ_ދުވަހުގައި

