

## JAPANESE ENCEPHALITIS (JE)

**Japanese Encephalitis** is caused by a virus and it is transmitted by the bite of culex mosquitoes. The transmission of the disease is maintained by egrets and other aquatic birds most of which are migratory and by pigs which are the amplifier hosts. There is no human to human transmission.

### **Symptoms of JE**

Fever, Change in mental status such as confusion, disorientation, inability to talk, paralysis, fits and seizures.

### **Do's**

- In case of fever, visit your nearest health centre.
- Use insect repellent on exposed skin.
- Wear long sleeves and pants to prevent mosquito bites.
- Install screens on doors and windows to keep mosquitoes out.
- Use mosquito nets while sleeping.
- Pig sties must be far from human dwelling.
- Allow DDT spray.
- Keep your surroundings clean, ensure proper sanitation.
- Co-operate with health authorities in prevention and control of disease
- Blood tests are done at Pasteur Institute, Shillong & Civil Hospital, Tura.

### **Don'ts**

- Do not allow water logging; ensure continuous water flow to prevent accumulation of stagnant water.
- In case of symptoms of JE, do not panic but consult your nearest health centre.

## Malaria

- Malaria is caused by the bite of the female anopheles mosquito.
- Mosquitoes breed in stagnant water.
- Malaria spreads when a mosquito bites a person suffering from malaria then bites a healthy person.

### **Symptoms**

Symptoms of Malaria are fever, chills and rigor, bodyache and headache.

### **Precautions and Control**

- Do not allow water to stagnate.
- Cover all water storage containers.
- Cover water collection sites such as puddles with sand or soil.
- Store used tyres, cups and other used household items in a dry location away from rain.
- Prevent biting of mosquitoes. Wear long sleeved clothing and use mosquito repellents.
- Any fever could be malaria. In case of fever followed by chills and rigor, body ache, headache, etc, get your blood tested immediately by ASHA or go to the nearest health centre (PHC/CHC/Sub Centre).
- Always use a bed net while sleeping- especially pregnant mothers and children
- Allow DDT spray indoors in all the rooms.

## **Dengue and Chikungunya**

Dengue and Chikungunya are viral diseases spread by the bite of Aedes Mosquitoes.

### **How to recognise symptoms?**

Sudden onset of High fever, Chills, Headache, Pain behind the eyes, Nausea & Vomiting, Joint Pain with or without swelling, Fatigue, Skin Rash prominent in cases of Dengue.

### **Prevention**

- Early diagnosis and prompt treatment. In case of fever, visit your nearest health center for remedial measures.
- Do not allow water to stagnate around your house. Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels.
- Cover all water storage items like tanks, barrels, buckets, etc.
- Garbage should not be left lying around.
- Use insect repellent on exposed skin.
- Wear long sleeves and pants to protect against the bite of mosquito
- Have secure screens on windows and doors to keep mosquitoes out.
- Unused tyres and household items should be discarded.
- Patients should prevent mosquito bites in order to avoid further spreading the infection. The person should always use a mosquito net while sleeping.
- Co-operate with the health authorities in the prevention and control of these diseases.

Blood tests are done at Pasteur Institute, Shillong & Civil Hospital, Tura.

**Issued in public interest by  
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