

# Dengue Fever Awareness and Prevention

## Welcome to Islamabad Healthcare Regulatory Authority

Dengue fever is a significant public health concern in Pakistan, particularly during the monsoon season. At the Islamabad Healthcare Regulatory Authority (IHRA), our mission is to provide accurate, timely information and resources to help protect the health and well-being of our community.

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### What is Dengue Fever?

Dengue fever is a mosquito-borne viral infection caused by the dengue virus, which is transmitted primarily by the *Aedes aegypti* mosquito. It is prevalent in tropical and subtropical regions, including Pakistan.

### Symptoms:

- High fever
- Severe headaches
- Pain behind the eyes
- Joint and muscle pain
- Nausea and vomiting
- Rash
- Mild bleeding



In severe cases, dengue can progress to dengue hemorrhagic fever (DHF) or dengue shock syndrome (DSS), which can be life-threatening.

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## How is Dengue Transmitted?

Dengue is primarily transmitted through the bite of an infected female *Aedes* mosquito. These mosquitoes are most active during the early morning and late afternoon. They breed in stagnant water sources such as:

- Uncovered water storage containers
- Flower pots
- Old tyres
- Clogged gutters



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## Prevention Tips

### 1. Eliminate Breeding Sites

- Regularly empty, clean, or cover containers holding water.
- Dispose of unused tires, buckets, and other items that can collect water.

### 2. Use Mosquito Repellents

- Apply mosquito repellent containing DEET, picaridin, or oil of lemon eucalyptus to exposed skin.
- Reapply as directed, especially if sweating or swimming.

### 3. Wear Protective Clothing

- Wear long-sleeved shirts, long pants, socks, and shoes to reduce skin exposure.
- Consider using insect repellent on clothing as well.

### 4. Install Screens and Use Mosquito Nets

- Ensure that windows and doors have screens to prevent mosquitoes from entering indoors.
- Use mosquito nets, particularly for sleeping.

### 5. Stay Informed and Take Precautions During Outbreaks

- Follow local health advisories and updates on dengue outbreaks.
- Take extra precautions if dengue is reported in your area.

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## Dengue : Prevention & control



### What to Do If You Suspect Dengue Fever

If you or someone you know shows symptoms of dengue fever, seek medical attention immediately. Early diagnosis and proper medical care can prevent complications.

### Seek medical care if you experience:

- Persistent high fever
- Severe abdominal pain
- Vomiting blood
- Bleeding gums or nosebleeds
- Difficulty breathing

**Contact a healthcare provider or visit the nearest healthcare facility for assessment and treatment.**

## Current Statistics in Islamabad

### Patients Count

New Patients in Last 24 Hours	Rural Area Patients	Urban Area Patients	Total Patients in Islamabad	Registration of Patient's from other districts in ISB
4	38	16	54	3

### Hospital Admission

S.No	Name of Hospital	Last 24 Hours Patients	Total Patients	Deaths	
				Number	Areas
1	PAKISTAN INSTITUTE OF MEDICAL SCIENCES	1	8	0	
2	FG POLY CLINIC HOSPITAL	0	1	0	
3	SHIFA INTERNATIONAL	0	0	0	
4	FEDERAL GENERL HOSPITAL	0	1	0	
5	BENAZIR BHUTTO HOSPITAL	0	3	0	
6	HOLY FAMILY HOSPITAL	1	18	0	
7	DHQ HOSPITALS	0	4	0	
8	CAPITAL HOSPITAL	0	3	0	
9	PRIVATE LAB/OTHERS	2	16	0	
		4	54	0	

## **Healthcare Facilities in Islamabad**

For more information or to locate a healthcare facility near you, visit our Healthcare Facility Directory or contact our helpline at 051-9199902.

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## **Stay Informed and Connected**

- **Follow Us on Social Media:** Stay updated with the latest news and health advisories on our Facebook, Twitter, and Instagram pages.
  - **Subscribe to Our Newsletter:** Receive regular updates and health tips directly in your inbox. [Subscribe Here.](#)
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**Together, we can work towards a dengue-free Islamabad. Your health and safety are our top priority.**