

# Understanding Dengue



Note: The data is extracted from World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), Mayo Clinic, and others. I don't claim any right on these data.

## About Dengue

Dengue fever is a mosquito-borne viral infection that causes flu-like symptoms. It is transmitted primarily by the Aedes mosquito, particularly Aedes aegypti. The virus responsible for dengue fever is called the dengue virus (DENV), which belongs to the Flaviviridae family.

### Do's and Don'ts:

#### Do's:

1. **Stay Hydrated:** Drink plenty of fluids like water, coconut water, herbal teas, and fresh fruit juices to prevent dehydration.
2. **Rest:** Get plenty of rest to help your body recover.
3. **Use Mosquito Repellent:** Use mosquito repellents and sleep under mosquito nets to avoid further mosquito bites.
4. **Wear Protective Clothing:** Wear long-sleeved shirts and long pants to minimize exposure to mosquitoes, especially during peak biting hours.
5. **Seek Medical Attention:** If you experience severe symptoms like persistent vomiting, bleeding, or difficulty breathing, seek medical help immediately.

#### Don'ts:

1. **Avoid Aspirin:** Avoid taking aspirin or other nonsteroidal anti-inflammatory drugs (NSAIDs) as they can increase the risk of bleeding.
2. **Limit Physical Activity:** Avoid strenuous physical activities as it can worsen symptoms and lead to fatigue.
3. **Avoid Self-Medication:** Do not self-medicate. Always consult a healthcare professional for proper diagnosis and treatment.

### Home Remedies:

1. **Papaya Leaf Extract:** Papaya leaf extract is believed to help increase platelet count, which can drop during dengue fever.
2. **Basil Leaves:** Basil leaves have anti-inflammatory properties and can help reduce fever.
3. **Giloy (Tinospora Cordifolia):** Giloy is known for its immunomodulatory properties, which can help boost the immune system during dengue fever.

### Dietary Recommendations:

Meal	Recommended Foods
Breakfast	<ul style="list-style-type: none"><li>- Fruits</li><li>- Protein (Tofu/Chia Seeds)</li><li>- Whole Grains (Oatmeal/Whole Grain Toast)</li><li>- Beverage (Herbal Tea/Fresh Juice)</li></ul>
Lunch	<ul style="list-style-type: none"><li>- Protein (Lentil Soup/Quinoa Salad)</li><li>- Vegetables (Stir-fried/Vegan Salad)</li><li>- Whole Grains (Brown Rice/Whole Wheat Bread)</li><li>- Beverage (Water/Herbal Tea)</li></ul>
Dinner	<ul style="list-style-type: none"><li>- Protein (Black Bean Stew/Grilled Tempeh)</li><li>- Vegetables (Roasted/Steamed with Sauce)</li><li>- Whole Grains (Quinoa/Whole Wheat Pasta)</li><li>- Beverage (Herbal Tea/Warm Milk)</li></ul>