**Q.. May I know about the symptoms of dengue and how can I aware from this disease and what are the precautions?**

**Ans.**

1. Sudden High Fever with Severe Headache

2. Severe Bone and Joint Pain or Pain behind eyes

3. Fatigue, Nausea and vomiting

4. Skin rash may appear 2-5 days after fever

5. Blood platelet count is low and Dengue Antigen test(NS1) is positive(it can be done on the first day of fever) Dengue serology test should be done after 5 days of fever.

Here are the precautions you can take

1. Take anti mosquito measures like use of mosquito net, mosquito repellent

2. Spraying of insecticides in surrounding and keep it free from vegetation

3. Wearing full body covered dress

4. Discard empty containers for collection of water that promote mosquito breeding

# Q.. I had fever with dry cough 10-15 days back. Fever has gone but cough is still. I had blood test done all are normal. I used some allopathic & ayurvedic syrups and taken antibiotic tab 5 days. I am still having cough. Please advise.

# Ans. If xray chest is normal, then only saline gargles and voice rest can help. It will take some time to settle down. Apart from this go for sputum sensitivity test for TB.

# Q.. I am 35 years old suffering from fever and body ache from last three four days. I have not attended any doctor. And also not taken any medicine. Please tell me what medicine should I take for the fever and head ache. Early reply requested.

**Ans.** .It may be viral fever

1.Take paracetamol\crocin 650mg, one tablet sos upto a maximum of three tablets daily after food

2.Take an antacid before meals  
3.Drink plenty of water  
4.Take rest  
5.If no relief do blood examination like ESR, CBC and urine r/m Typhidot test, Blood for mp/malaria antigen and Dengue antigen(NS1) test after consulting doctor.

# Q.. I am 19 years old I am having throat pain, difficult to swallow with cough and mild fever and not able to speak. And some time headaches. Please tell what to do.

# Ans. May be you have URTI(Upper Respiratory Tract Infection) or Tonsillitis.

# Gargle with warm salt water three times a day also betadine gargles(10 ml in half glass of lukewarm water) to reduce the swelling and pain caused by enlarged tonsils. Take paracetamol 650mg sos upto a maximum 3 tablets a day for 3 days. Take cetrizine tab at night. If problem persists consult a doctor.