

# Dengue Prevention Starts With Me

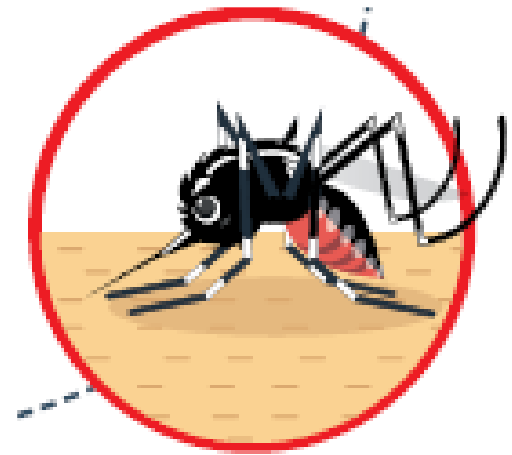
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*HOW CAN I PREVENT DENGUE FEVER FROM SPREADING?*

# What is Dengue?

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- Dengue is the name of a disease spread by the female *Aedes* mosquito.
- The *Aedes* mosquito has black and white stripes on its body and legs.



# Can you tell the difference between a male and female *Aedes* mosquito?

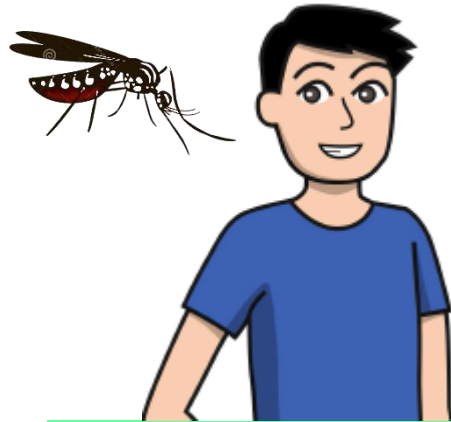
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Source: Ministry of Health, Singapore

- The male *Aedes* mosquito does NOT bite or transmit disease.

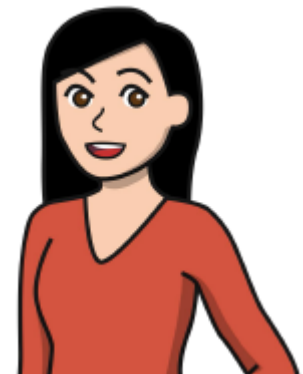
# How is dengue spread?



A female mosquito bites a person infected with Dengue.

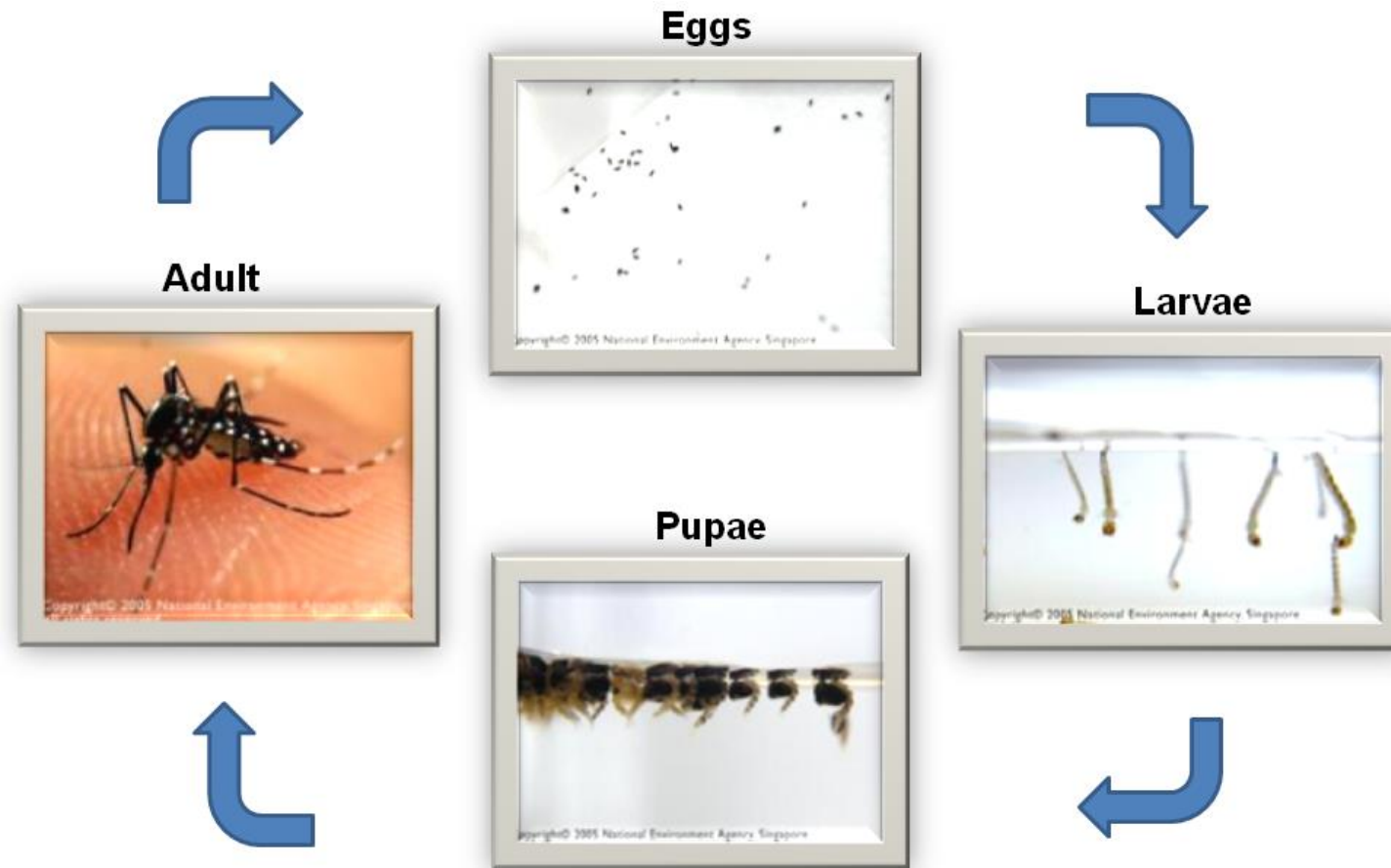


The mosquito carries the virus in its body. It passes the virus to other people when it bites them.



# What is the life cycle of the *Aedes* mosquito?

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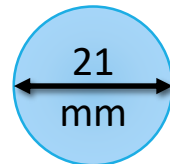
# How much water will allow mosquitoes to lay eggs and breed?

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- A. 20¢-sized drop of water
- B. 50¢-sized drop of water
- C. \$2-sized patch of water
- D. \$50-sized patch of water

**Answer: A**

How big is a 20¢ coin?



# FIGHT DENGUE

A 20¢-sized drop of water is all mozzies need to breed.

## HAPUSKAN DENGGI

Hanya setitis air bersaiz 20¢ diperlukan untuk nyamuk membiak.



Remove stagnant water at home to keep your family safe. Do the Mozzie Wipeout.

Buangkan takungan air di rumah demi keselamatan keluarga anda. Lakukan Mozzie Wipeout.

Mosquito larva and pupa are for illustrative purposes only.  
Kepompong dan jentik-jentik nyamuk adalah untuk tujuan ilustrasi sahaja.



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National  
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Get updates on Dengue clusters: [nea.gov.sg/dengue](https://nea.gov.sg/dengue)

Dapatkan maklumat terkini  
berkenaan kelompok Denggi: [facebook.com/StopDengueNow](https://facebook.com/StopDengueNow)  
[twitter.com/NEAsg](https://twitter.com/NEAsg)



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**OUR LIVES. OUR FIGHT.**  
DO THE 5-STEP MOZZIE WIPEOUT TODAY.  
LAKUKAN 5 LANGKAH MOZZIE WIPEOUT HARINI.



# Which of the following places could mosquitoes breed in?

A



B



C



D



E



F



**Answer: All of the above**



What do you think you can do to prevent the spread of Dengue Fever in school?

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# Prevent mosquito breeding!

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How much of the  
Mozzie Wipeout can  
you recall?

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Pick the odd one out! Which of the following is not part of the 5 steps?

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- A. Turn the pail
- B. Flip the flower pot plate
- C. Tip the vase
- D. Loosen the hardened soil
- E. Spray insect repellent
- F. Clear the gutter

**Answer: E**

# 5-Step Mozzie Wipeout

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## 1. Turn the Pail:

Turn over all water storage containers.



# 5-Step Mozzie Wipeout

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## 2. Tip the Vase:

Change water in vases and bowls on alternate days.

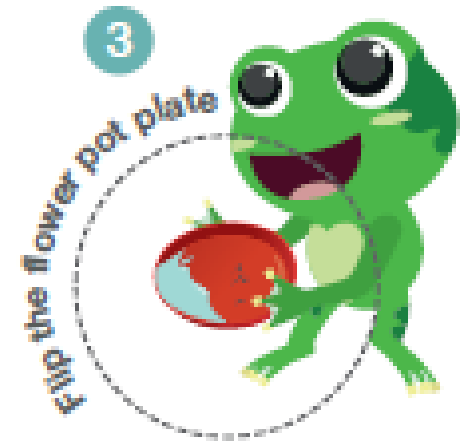


# 5-Step Mozzie Wipeout

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## 3. Flip the Flower Pot Plate:

Ask the adults at home to help you to flip the plate.





# 5-Step Mozzie Wipeout

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## 4. Loosen the hardened soil:

Ask the adults at home to help you make sure the water doesn't stay on top of the soil in the pot.

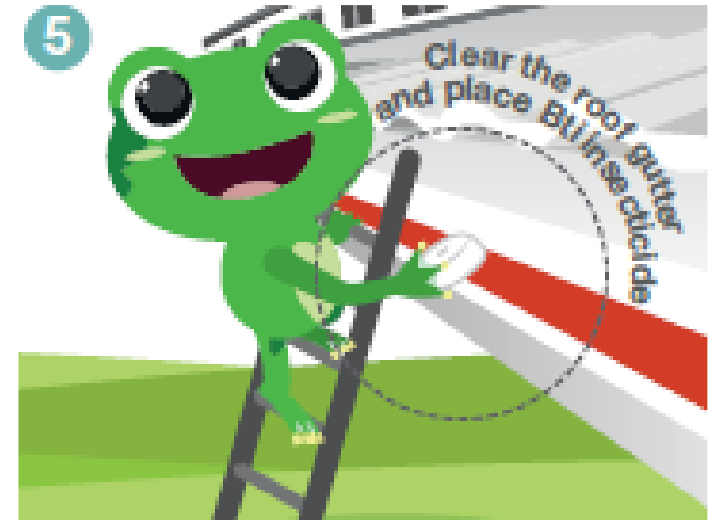


# 5-Step Mozzie Wipeout

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## 5. Clear the roof gutter:

Remind the adults at home to clear the gutter and place insecticide there.



Together, we can reduce  
the spread of Dengue!

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# Acknowledgements

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Clean & Green Singapore: <https://www.cgs.sg/docs/default-source/Resources/lets-fight-dengue-with-captain-green.pdf>

National Environment Agency (NEA): <http://www.dengue.gov.sg/subject.asp?id=106>

Stop Dengue Now: [https://stopdenguenow.com/main/five\\_step\\_mozzie\\_wipeout](https://stopdenguenow.com/main/five_step_mozzie_wipeout)

## News Articles:

<https://www.straitstimes.com/singapore/weekly-dengue-cases-in-singapore-hit-record-high-since-january-2016>

<https://www.channelnewsasia.com/news/singapore/dengue-cases-highest-level-clusters-woodlands-jurong-east-11723292>

[https://www.channelnewsasia.com/news/singapore/dengue-deaths-signs-symptoms-treatable-cure-singapore-11655506?cid=h3\\_referral\\_inarticlelinks\\_24082018\\_cna](https://www.channelnewsasia.com/news/singapore/dengue-deaths-signs-symptoms-treatable-cure-singapore-11655506?cid=h3_referral_inarticlelinks_24082018_cna)