

# HEALTH EDUCATION ON DENGUE PREVENTION AND CONTROL

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**Organized by:** Department of Community Medicine

**Institution:** Arunai Medical College and Hospital (AMCH)

**Date:** 19.09.2026

**Venue:** Perumanam Village

**Guidance:** Dr. A. Balaji, Professor & Head of the Department

Under the guidance of **Dr. A. Balaji, Professor & Head, Department of Community Medicine**, a health education programme was conducted today at **Perumanam Village** for patients and their relatives as part of the community health awareness activities.

The programme was conducted by the **Dr. Janarthanan, Assistant Professor, Department of Community Medicine, Community Rural Medical Interns (CRMIs)** along with the Health Inspectors **Mr. Deiveegan, Mr. Harikrishnan and Mr. Kuzhandai Yesu Raja**. A total of **40 beneficiaries**, including patients and their family members, actively participated in the programme.



A separate awareness session on **dengue fever** was also conducted. The beneficiaries were educated about dengue as a mosquito-borne viral disease transmitted mainly through the bite of infected **Aedes mosquitoes**.

The CRMIs explained that Aedes mosquitoes commonly breed in small collections of stagnant water in and around households. Participants were sensitized to the importance of identifying and eliminating potential mosquito breeding places such as uncovered water storage containers, discarded tyres, flower pots, coconut shells, containers and other objects capable of collecting water

The common symptoms of dengue, including **sudden onset of fever, headache, pain behind the eyes, muscle and joint pain, body ache, nausea, vomiting and skin rash**, were explained. The participants were also informed about the importance of recognising warning signs and seeking timely medical care. They were advised not to delay consultation when symptoms become severe and to avoid inappropriate self-medication.



The CRMIs conducted an additional **role play on dengue prevention**, depicting a typical household situation in which mosquito breeding sites were identified and eliminated. The role play demonstrated how family members can work together to prevent dengue transmission. The participants were encouraged to inspect their surroundings regularly and communicate information regarding potential breeding sites to the appropriate health authorities.

The importance of **source reduction and community participation** in dengue prevention was strongly emphasized. Beneficiaries were advised to keep household water containers properly covered, regularly empty and clean water-holding containers, dispose of unwanted materials appropriately and prevent stagnant water accumulation around their homes. Personal protection measures against mosquito bites were also discussed.

**“Eliminate Stagnant Water, Prevent Mosquito Breeding and  
Stop Dengue.”**