DON’T GET DENGUE!!

**Tip it**
Tip out any water in containers

**Store it**
Put away anything that can hold water

**Throw it**
Throw out any rubbish lying around
An easy read resource developed by

ARC
DISABILITY SERVICES INC

Developed by Janet Morris, Speech Language Pathologist & Anita Veivers, CEO of ARC Disability Services Inc.

www.arcinc.org.au

ARC Disability Services would like to thank and acknowledge the Dengue Action Response Team (DART) of Queensland Health for their advice and support in developing this guide.
How to use this booklet

- This booklet is designed as a tool to explain dengue fever and what to do to avoid it for people who need assistance to understand.

- It is **NOT** designed to be just given to someone, but should be discussed, interpreted and reinforced by a communication partner.

- It should be shared using words which will be understood by the person you are assisting.

- It is important to refer to this booklet as many times as the person wants or needs to ensure they understand and are as comfortable as they can be with the information.

- This booklet should be used as a tool to prepare prior to the high season for dengue, as well as in the event of a dengue outbreak.

- Talk through each part of the booklet and allow the person to talk about what this may mean for them.

- Space has been allowed for the person to record their thoughts or feelings.
What is dengue?

Dengue is a disease which can make you sick.

You get it from mosquitoes, but not all mosquitoes.

You get it if a mosquito with dengue fever bites you.

It is important to try and not get bitten.
What is a mosquito and what does it do?

Do all mosquitoes give you dengue?

What do I know about dengue?

My thoughts...
How does dengue make you feel?

Dengue fever might make you feel:

- Hot and cold (fever).
- Achy in your muscles.
- Tired and miserable.
- It probably will give you a **headache**
- It might give you a rash on your back and/or tummy that looks like sunburn.
- It can last for a few days or a week.
- Sometimes, it can make you so sick you need to go to hospital.
How will I know if I have Dengue?

Who will I tell that I feel sick?

What will they do to help me?

My thoughts...
How do you get Dengue?

You can catch Dengue Fever from the bite of only one sort of mosquito that have the virus.

Dengue mozzies only bite during the day. They do not bite at dawn, dusk or at night.

Dengue mozzies like to bite people around the feet and ankles.

Dengue mozzies live in and around peoples homes and buildings.

Dengue mozzies lay their eggs in small containers holding water, like pot plant bases, pet water bottles, children’s toys, palm fronds, buckets, pot plants and tyres.
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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</thead>
<tbody>
<tr>
<td>What can I do to protect myself?</td>
<td></td>
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<tr>
<td>What things should I clean up?</td>
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<tr>
<td>Who will help me?</td>
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My thoughts...
Can you get Dengue anytime?

Once one person gets Dengue, other people may get it too. This is because mozzies that bite people with Dengue can then pass it on to other people they bite.

When lots of people get Dengue, it is called an OUTBREAK.

When there is an outbreak:

You will hear about it from radio, TV, and the newspaper.

People with the council or the Health Department whose work it is to stop Dengue might visit and look around your house and garden.

They might set mosquito traps in your yard/garden to catch mosquitoes, or leave safe chemicals there. DON’T TOUCH the traps or chemicals.
What does it mean when there is an outbreak of Dengue?

Why might council people come to my house?

Can I touch the traps or chemicals?

My thoughts...
What can I do to keep safe?

Try not to let mozzies bite you. It is hard to tell Dengue mozzies from other mozzies, so it is best to try not to get bitten by any mozzies!

Use insect repellent with DEET or PICARDIN on your body.

Use SURFACE SPRAY under and on the backs of furniture.

Make sure insect screens don’t have any rips.

Wear clothes that cover your arms and legs.

Throw out old containers that aren’t needed and tip out water where mozzies might breed.
For Me

Who can I talk to if I am worried about Dengue?

Are there places in and around my place where Dengue mozzies like to breed?

What can I do to try and stop Dengue mozzies from breeding?

My thoughts...
If I feel sick, I should:

Tell someone

See a doctor

Take PANADOL, not ASPIRIN

Drink lots of water
Does just having a headache mean I have Dengue?

What will I do if I feel sick?

Will I need to go to hospital?

My thoughts...
Things I might need to do:

**MY CHECKLIST**

☐ Clean up the yard

☐ Put things away

☐ Make sure I use insect repellent

☐ Wear clothes which cover my arms and legs

☐ Make sure to empty out containers where mozzies might breed

☐ Check the flyscreens for rips

☐ Spray surface spray on, under and around the furniture

☐ Keep checking that there is no water in containers

☐ Talk to someone if I am worried or feel sick.
<table>
<thead>
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<th><strong>For Me</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is important to me?</strong></td>
</tr>
<tr>
<td><strong>What do I have to remember?</strong></td>
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<tr>
<td><strong>Anything else?</strong></td>
</tr>
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<td><strong>My thoughts...</strong></td>
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DEFEND AGAINST DENGUE

Regularly check for stagnant water in pot plants, wheelbarrows, roof guttering & bird baths.

* Spray under beds & behind curtains with residual surface spray.

* Use a good mozzie repellent.

* Wear light coloured clothing.

* Repair damaged screens on windows & rainwater tanks.

For your dengue defence plan go to: www.health.qld.gov.au/dengue
ARC is a community based organisation with a long history in Cairns and The Far North supporting children and adults who have a disability and their families and support networks.

Established in 1976 by a group of parents with a clear vision for their children we pride ourselves on being person focussed, friendly, flexible and fun!

Our Vision is that people who have a disability are empowered to reach their full potential, dreams and aspirations, enabling them to enjoy a fulfilling life of their choosing as valued members of the community.

We work collaboratively with our service users, their support networks and the community to facilitate a range of options and opportunities which promote active participation for all.

ARC values feedback in order to improve and ensure we continue to provide quality services and resources, so good or bad, please let us know.

www.arcinc.org.au
Further Contacts

Direct Dengue Contacts

**Dengue Fever Hotline** - 1800 DENGUE (336483)
**Dengue Fever Email** - dengue@health.qld.gov.au

Your Local Public Health Unit

William McCormack Place II
Level 7, 5 Sheridan Street, Cairns
(07) 4226 5555

Local Councils

Cairns Regional Council
119-145 Spence Street, Cairns

For more information visit: