

Q: Define Dengue? write down its causes, symptoms, preventive measures and treatment.

## Dengue :-

Dengue is a mosquito-borne viral infection that is prevalent in tropical and subtropical regions. The virus responsible for causing dengue is transmitted to humans primarily through the bite of female *Aedes* mosquitoes, particularly *Aedes aegypti* and *Aedes albopictus*.

## Causes of Dengue

- The dengue virus (DENV) is a member of "Flaviviridae family" and is transmitted to humans through the bite of infected *Aedes* mosquitoes.
- The mosquitoes become carriers of the virus after biting an infected person.
- Dengue can also be transmitted through blood transfusion or organ transplantation, although this is less common.

## Symptoms of Dengue:

The following symptoms of dengue are as follows:

- 1 High fever
- 2 Severe headaches
- 3 Pain behind the eyes
- 4 Joint and muscle pain
- 5 Rash
- 6 Mild bleeding, (nosebleeds and gums bleeding)
- 7 Easy bruising  
Abdominal pain and vomiting.

In severe cases, dengue can progress to the Dengue Hemorrhagic Fever (DHF) or Dengue Shock Syndrome (DSS), which can be life-threatening and may require immediate medical attention.

# Preventive Measures of Dengue:

The following preventive measures are as follow.

## 1. Mosquito Control

Reduce mosquito breeding by eliminating standing water, using mosquito repellent, and using bed nets or screens.

## 2. Protective Clothing

Wear long-sleeved shirts, long pants, socks and shoes to reduce mosquito exposure, especially during peak mosquito activity times.

## 3. Avoid Peak Mosquito Activity:

Aedes mosquitoes, which transmit the dengue virus are most active during early morning and late afternoon.

Avoid outdoor activities during these times.

## 4. Community Efforts

Public Health measures, such as a community-based mosquito control program and public awareness campaigns, play a crucial role in preventing the spread of dengue.

## Treatment of Dengue:

There are two main methods to control and treatment of Dengue.

### 1. Supportive Care :-

There is no specific antiviral treatment for dengue, so treatment is mainly supportive. Patients are advised to rest, stay hydrated, and manage pain and fever with acetaminophen.

### 2. Hospitalization :-

Severe cases of dengue, especially those progressive to DMF or DSS, may require hospitalization for intensive medical care, including intravenous fluid replacement.

It's important to note that early detection and proper medical care significantly reduce the risk of complications associated with dengue. If someone suspects they have dengue, they should seek medical attention properly.

Q. Define Hepatitis? write down its causes, symptoms, preventive measures and treatment.

## Hepatitis :-

Hepatitis refers to the inflammation of the liver, often caused by viral infections, although it can also result from other factors such as alcohol consumption, toxins and autoimmune diseases.

According to WHO:

"Viral hepatitis is a significant global health concern, and several types of viruses, including (hepatitis A, B, C, D and E) can cause liver inflammation."

## Causes of Hepatitis :

### 1 Hepatitis A (HAV)

Consuming contaminated food and water

### 2 Hepatitis B (HBV)

Contact with infected blood or bodily fluids, unprotected sex and from an infected mother to her baby during childbirth.

### 3. Hepatitis C (HCV);

Contact with infected blood, commonly through sharing needles or other drug paraphernalia, or through unsafe medical procedure.

### 4. Hepatitis D (HDV);

Only occurs in individuals already infected with hepatitis B.

### 5. Hepatitis E (HEV);

Consuming contaminated water, and it is often associated with poor sanitation and hygiene.

## Symptoms of Hepatitis;

These are following symptoms includes in hepatitis.

### 1. Acute Hepatitis;

- a Jaundice (yellowing of the skin and eyes)
- b Fatigue
- c Abdominal pain
- d Loss of appetite
- e Dark urine

### 2. Chronic Hepatitis;

- a Persistent fatigue
- b Mild fever
- e Muscle and joint aches
- d Weight loss
- e Abdominal discomfort.

# Preventive Measures of Hepatitis

The following preventive measures are as

## 1. Vaccination

Vaccines are available for hepatitis A and B and are recommended for at-risk populations.

## 2. Safe Hygiene Practices

Ensure proper sanitation and hygiene to prevent the transmission of hepatitis A and E.

## 3. Safe Sex Practices

Use barrier method to reduce the risk of hepatitis B and other sexually transmitted infections.

## 4. Needle Safety

Avoid sharing needles and other injection equipment to prevent the transmission of hepatitis B and C, particularly among individuals who use intravenous drugs.

## 5. Screening and Testing

Regular testing for hepatitis, especially in high risk populations, can help identify infection early and prevent the spread.

## Treatment of Hepatitis:

These are only three (3) methods to control and treatment of hepatitis.

### (a) Antiviral Medications:

Some forms of viral hepatitis, such as hepatitis B and C can be treated with antiviral medications to suppress the viral activity and reduce liver inflammation.

### (b) Supportive Care:

Rest, maintaining adequate nutrition, and avoiding alcohol use essential for managing both acute and chronic hepatitis.

### (c) Liver Transplant:

In severe cases of chronic hepatitis leading to a liver failure, a liver transplant may be considered.

### Conclusion:

It's important note that the information provided is a general overview and specific recommendations may vary based on individual cases.