



Clarion



WEEKLY BULLETIN FOR PRIVATE CIRCULATION ONLY
ROTARY CLUB KAMARHATI, RI DISTRICT 3291

Chartered in 1969,
Club Regn. No. 16180

President : Rtn. Dr. Amal Kr. Khan • Secretary : Rtn. Amit Kr. Bhattacharjee • Editor : Rtn. Dr. PK. Pandit

We Meet at Our Club Building, 22 & 23 Feeder Road, Belghoria, Kolkata-56 at 6:30 pm. Every Saturday

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SEPTEMBER LITERACY MONTH

Date 16 SEPT 23

Up Coming District Program



President Elect Rtn. Sayan Mukherjee, PP Rtn. Prasun Krishna Dutta and PP Rtn Dr PK Pandit already registered for the program. Anyone else got any District appointment for the next Rotary Year , please inform.

District appointment for next year

1. PP Rtn. Dr. Pranab Kumar Pandit- Additional District Secretary Projects (Medical)
2. PP Rtn. Prasun Krishna Dutta- Zonal Secretary.

Upcoming Club Programs

1. Certification of Vocational trained students on 23 Sept'23 during RWM
2. Awareness program on Dengue on 24.9.23Sept'23 along with students of INTERACT members

Dengue is a viral infection caused by the dengue virus (DENV), transmitted to humans through the bite of infected mosquitoes. While many DENV infections are asymptomatic or produce only mild illness, DENV can occasionally cause more severe cases, and even death. Prevention and control of dengue depend on vector control. There is no specific treatment for dengue/severe dengue, and early detection and access to proper medical care greatly lower fatality rates of severe dengue.

Symptoms : If symptoms occur, they usually begin 4-10 days after infection and last for 2-7 days. Symptoms may include: High fever (40°C/104° * Severe headache* Pain behind the eyes * Muscle and joint pains *Nausea * Vomiting* Swollen glands*Rash. Individuals who are infected for the second time are at greater risk of severe dengue.

Severe dengue symptoms often come after the fever has gone away. Severe abdominal pain *Persistent vomiting* Rapid breathing * Bleeding gums or nose *Fatigue *Restlessness * Blood in vomit or stool *Being very thirsty *Pale and Cold skin *Feeling weak.

Diagnostics and treatment : NS1 antigen within 7 days of fever, there after along with antigen IgM & IgG antibody for dengue. Most cases of dengue fever can be treated at home with pain medicine. Preventing mosquito bites is the best way to avoid getting dengue. Regular monitoring of Platelet count and PCV to assess the risk of severe Dangu.

Transmission: The virus is transmitted to humans through the bites of infected female mosquitoes, primarily the Aedes aegypti mosquito

Prevention and control
The mosquitoes that spread dengue are active during the day. Lower the risk of getting dengue by protecting yourself from mosquito bites by using: clothes that cover as much of your body as possible. Mosquito nets if sleeping during the day. Insect repellent, window screens, mosquito repellents coils and vaporizers.

If you get dengue, it's important to: Rest* Drink plenty of liquids* Use Paracetamol for pain and fever.

Avoid non-steroidal anti-inflammatory drugs, like ibuprofen and aspirin *watch for severe symptoms and contact your doctor as soon as possible if you notice any.

Most important to eliminate mosquito breeding places by environmental sanitation, proper drainage facilities, prevent storage of water at home and work places. Spraying chemicals on drain water and use of fishes those eat up mosquito larva.