



The British School

Caroline Drumm
Principal

P.O. Box 566, Jhamsikhel, Patan
Kathmandu, Nepal

19th August, 2022

Dear Parents,

Rise of Dengue cases reported

Dengue fever (known as breakbone fever) is a mosquito-borne viral disease and more prevalent in Terai districts but there have been recently reported cases in Kathmandu and Lalitpur.

Dengue is transmitted through the bite of an infected female mosquito that feeds on humans, both indoors and outdoors during the daytime (from dawn to dusk). These mosquitoes thrive in areas with standing water, including puddles, water tanks, containers and old tyres. Lack of reliable sanitation and regular garbage collection also contribute to the spread of the mosquitoes.

The infection is characterised by flu-like symptoms which include a sudden high fever, pain behind the eyes, muscle, joint and bone pain, severe headache, and skin rash with red spots. If you come down with these symptoms and have been to dengue risk areas, consult with the doctor to rule out infection and proper diagnosis. There are no cases of human to human transmission.

Dengue fever is treated symptomatically with plenty of fluid intake, rest and painkillers - Paracetamol (avoid Ibuprofen and Aspirin). The early diagnosis and care can minimise complications like dengue haemorrhagic fever. There are no antiviral treatments and vaccines available.

TBS is taking precautionary steps for the elimination of mosquitoes by fogging the school premises every week, cleaning the possible areas where mosquitoes thrive and breed.

We would like to remind you to use mosquito repellent/cream on your child before sending them to school and encourage the wearing of light, full-sleeved clothes (as far as possible) to avoid day-time mosquito bites.

Please contact or email me pdeula@tbs.edu.np if there are any queries.

Yours sincerely,

Mrs. Pabitra Deula
School Nurse

Patron: H.E.The British Ambassador

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