



# The British School

Caroline Drumm  
Principal

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

23rd October 2024

Dear Parents and Carers,

## Dengue Fever Update

Following a recent increase in cases of Dengue Fever in the Kathmandu Valley, I am writing to remind you of our policy and procedure for the prevention of Dengue Fever in school.

### Context

- Dengue fever is a mosquito-borne viral disease which is transmitted between humans via bites from the aedes mosquito;
- In Nepal, dengue is prevalent during the monsoon season, especially in the Terai districts but also with increasing prevalence in Kathmandu and Lalitpur;
- The Epidemiology and Disease Control Division (EDCD) are reporting a recent spike in cases in the Kathmandu Valley as a result of flooding earlier this month.

### Prevention

TBS is taking precautionary steps for the elimination of mosquitoes by:

- Fogging the school premises 2 times per week;
- Areas where mosquitoes thrive and breed (such as those prone to collecting stagnant water), are regularly cleaned, and we have a regular waste collection schedule;
- Room spray is used every evening in classrooms and offices;
- Plug in repellent is used in all classrooms and offices;
- Windows are fitted with mosquito nets;
- There are AC units in all classrooms and offices to maintain lower temperatures;
- There are several electrical trapping units placed around the site in key areas;
- We advise all staff and students to use personal mosquito repellent/cream (those containing 30% DEET or Picaridin are effective and safe for children older than 2 months);
- We encourage the wearing of light, full-sleeved/length clothing (as far as possible) to avoid mosquito bites.

If you require further advice on how to protect yourself and your family at home, please contact us.

### Symptoms

Patron: H.E.The British Ambassador

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Our school nurses are up to date on the latest health advice for detecting the symptoms of dengue and this advice is shared with staff, students and parents.

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
- skin rash with red spots.

If a member of staff or a student has these symptoms, we advise consulting with a doctor immediately. Health professionals advise those with symptoms of severe dengue, such as bleeding from the gums or nose, persistent vomiting and severe stomach pain, seek urgent hospital care.

## Treatment

Dengue fever is treated symptomatically with plenty of fluid intake, rest and painkillers such as Paracetamol (avoiding Ibuprofen and Aspirin). Early diagnosis and care can minimise complications like dengue haemorrhagic fever. There are no antiviral treatments and Dengue vaccines are not available in Nepal.

If you have any questions, or specific concerns, please do not hesitate to contact me.

Yours sincerely

**Ms. Pauline Gradden**  
Vice Principal