



FIGHT DENGUE: MOSQUITO-PROOF YOUR HOME AND WORKPLACE

May 2025



The rainy season has arrived — and with it comes an increased risk of **dengue fever**. Dengue is a serious, sometimes fatal, illness caused by a virus transmitted through the bite of an infected *Aedes aegypti* mosquito. In the Philippines, dengue cases typically spike during the rainy months, making early prevention critical.

Symptoms of Dengue Fever

1. Sudden high fever (More than 38.5°C) (biglang mataas na lagnat)
2. Severe headaches (matinding sakit ng ulo)
3. Pain behind the eyes (pananakit sa likod ng mga mata)
4. Muscle and joint pains (pananakit ng kalamnan at kasu-kasuan)
5. Skin rashes (pamumula ng balat)
6. Mild bleeding (e.g., nosebleeds, gum bleeding, easy bruising)

If you or a family member experience these symptoms, seek medical attention immediately. Early diagnosis can save lives.

How to Prevent Dengue

Remove Stagnant Water

(Alisin ang mga nakatenggang tubig)

- Empty containers where water collects: old tires, buckets, plant pots, and bottles.
- Change water in vases and animal drinking containers every 2–3 days.
- Cover water storage containers tightly.

Clean Your Surroundings

(Linisin ang kapaligiran)

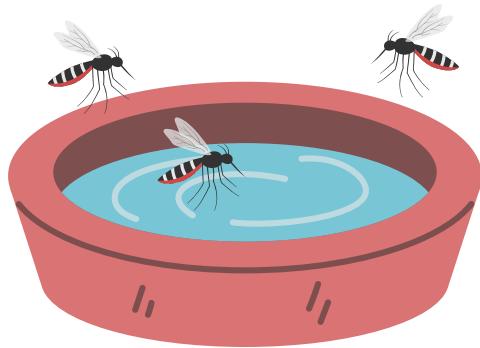
- Keep the area around your home and work place clean and dry.
- Make sure canals (estero) and drainage (alulod) are not clogged.

Protect Yourself and Your Family

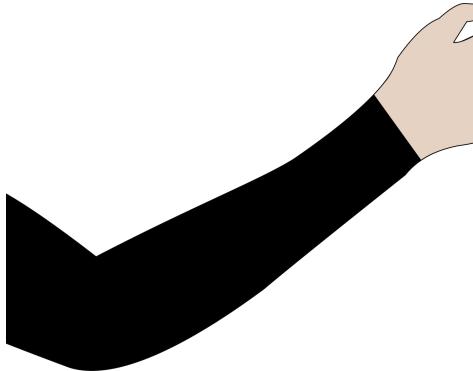
- Use mosquito repellent (gamot laban sa lamok) on exposed skin.
- Wear long sleeves and pants especially in the early morning and late afternoon.
- Install screens on windows and doors if possible.

Participate in Barangay Clean-Up Drives

- Working together with your neighbors helps prevent mosquito breeding in your community.



Stagnant water breeds mosquitos



Wear long sleeves



Work with your community to help prevent mosquito breeding.

What to Do if You Suspect Dengue?

If you or a family member has a high fever for more than 2 days, do **not wait**.

- Go to a nearby clinic or hospital for a check-up.
- Do not self-medicate (huwag basta uminom ng gamot na walang payo ng doktor).

If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Incorporated**, we understand the unique challenges that Filipinos face in staying healthy. As a trusted HMO serving workers across industries — especially contractual, project-based, and blue-collar workers — our mission is to deliver accessible, affordable, and quality healthcare solutions.

With over 25 years of expertise, Metrocare is proud to protect and promote the health of Filipino workers through comprehensive healthcare programs designed for their needs. Our preventive health initiatives, accessible network of healthcare providers, and commitment to affordability reflect our core values: honesty, efficiency, and service with heart.

Secure Their Health. Protect Your Peace of Mind. **Choose Metrocare**.

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 contactus@metrocarehealth.com

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