



Protect yourself and your family from dengue, a potentially deadly virus



ROTARY CLUB
OF BALI SEMINYAK



FIGHT —THE— BITE

ROTARY



CLUB OF BALI
SEMINYAK
INDONESIA



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Pertokoan Dalung Permai Blok C1 - C4, Dalung, Badung, Bali
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- **KLINIK MITRA KASIH, DENPASAR**
Jl. P.B. Sudirman, Denpasar
Pertokoan Sudirman Agung Blok C 45
- **KLINIK MITRA KASIH, NUSA DUA**
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FIGHT THE BITE

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FIGHT —THE— BITE



PROTECT YOURSELF & YOUR FAMILY

In 2014 there were over 8,000 documented cases of dengue in Bali! To date over 4,000 cases have been reported since January 2015.

A community health initiative. This health initiative is brought to you by the Rotary Club of Bali Seminyak. Information in this booklet is provided by the Health Department of Bali Province and health professionals from Kasih Ibu Hospital

Prevent the spread of dengue in our community by **following these 4 easy steps:**



1. COVER UP

Wear long sleeves and pants particularly during dawn & dusk when mosquitos are most active



2. REPEL

Use mosquito repellent when outdoors



3. PREVENT

Throw away any still or standing water



4. ELIMINATE

Rid mosquitos by using a mosquito trap

The Mosquito Trap: Included in this package is a detailed instructions sheet on how to make your own mosquito trap. We have also made a video for you to follow step-by-step instructions on how to create the trap in your own home.

You can view it online through YouTube here:
<https://www.youtube.com/watch?v=KhlhggcRY8M>

FIGHT THE BITE

An in-depth look at how to prevent dengue by following the 4 easy steps:



1. COVER UP

- Wear long sleeve shirts and pants especially during dawn and dusk when mosquitos are most active
- Mosquitos are attracted to dark colors, so try to keep a light colored wardrobe
- When outdoors, try to wear clothing that is loose fitting as mosquitos can bite through tight clothing
- Install a mesh net above your bed to protect you from bites in the night

2. REPEL

- When going outdoors especially during dusk or dawn, protect yourself with a mosquito repellent on exposed skin areas
- The most effective mosquito sprays contain DEET
- There are a variety of natural repellants also which may contain lemongrass, coconut, neem, lavender, citronella and lemon



3. PREVENT

- You can prevent the breeding of mosquitos by throwing away any still water
- For those areas where still water cannot be removed such as a pool or pond, you can treat the area with an insecticide or chlorine
- For fish ponds, install a waterfall or pump to ensure that the water is not stagnant
- Keep all of your belongings such as buckets and cleaning supplies inside or under shelter so they do not have a chance to gather water
- Empty and wash animal water bowls daily
- Septic tanks can produce thousands of mosquitos per day.
- Ensure that your tank is sealed at all times and has no cracks
- If you are going away on holidays, drain your toilet bowl of water and make sure there is no chance of still water collection



4. ELIMINATE

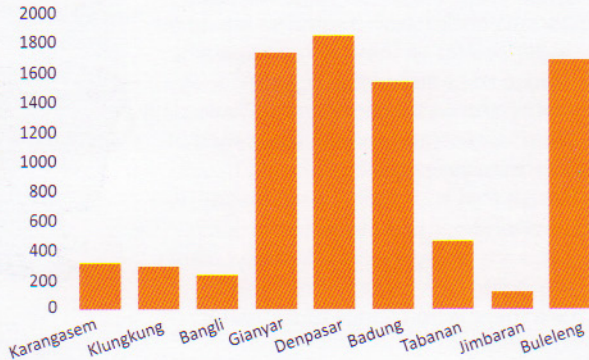
- Use an environmentally friendly mosquito trap, which can be made at home (see attached instructions sheet or refer to You Tube video)
- Once a week, spray dark corners of your home or office with aerosol insecticide such as "BAYGON". The best time to spray is early morning



FIGHT THE BITE

A look at some statistics brought to you by the Health Department of Bali Province

Fig 1. NUMBER OF CASES PER REGENCY/CITY IN 2014



2014 number of case of dengue per area

- Karangasem = 312
- Klungkung = 311
- Bangli = 241
- Gianyar = 1764
- Denpasar = 1837
- Badung = 1525
- Tabanan = 476
- Jimbaran = 157
- Buleleng = 1721

Total number of cases: 8,344

As you can see in the above chart, the number of cases in Denpasar, which includes the area of Seminyak, has the highest number of dengue

A look at dengue comparison from 2013 to 2014:
Dengue on the rise

Fig 2. Patern of Dengue Haemorrhagic Fever in Bali



Source: Health Department of Bali Province

The year 2014 saw an increase in the number of dengue cases compared to 2013.

CURRENT 2015 STATISTICS

According to Bali health officials, during the first four months of this year alone, there has been an estimated 4,000 cases of dengue leading to 16 deaths due to this disease.

In 2014 there were a reported 10 deaths linked to dengue.



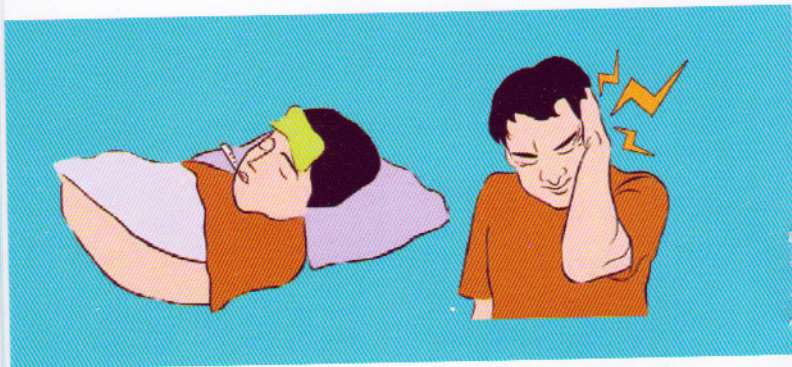
work together and partake in the 4 steps daily to Fight the Bite together!

FIGHT —THE— BITE

Do I Have Dengue??

Dengue fever begins with the following symptoms:

1. Fever (over 38 degrees Celcius/104 degress Fahrenheit)
2. Severe headache
3. Eye pain with movement and pain behind the eyes
4. Pain in muscles, joints and bones
5. Rash
6. Bleeding often mild from the nose and gums



If you have any of these symptoms, please consult with a doctor and go to your nearest clinic

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LET'S GET TECHNICAL WHAT IS DENGUE?

Dengue is a potentially deadly virus transmitted by the Aedes mosquito. It has become a serious health concern particularly in tropical and urban areas, impacting the island of Bali with over 4,000 documented cases already this year. It is characterized by a fever typically with two of the following complaints:

- Headache
- Back eye pain
- Muscle pain
- Bone pain
- Rash
- Bleeding manifestation accompanied by lab findings of leucopenia (wbc 5000 cells/mm³)
- Thrombocytopenia (platelet count <150 000 cells/ mm³)
- Hemoconcentration of blood
- Thrombocytopenia <100 000 cells/ mm³; hemoconcentration of blood

Dengue fever is divided into
4 gradings of severity
(WHO classification of dengue infections
and grading of severity of Dengue)

STAGE 1



Symptoms in this stage include:

- Fever
- Headache
- Back Eye Pain
- Muscle Pain
- Nausea or vomiting
- Altered taste sensation
- Sore throat

STAGE 2

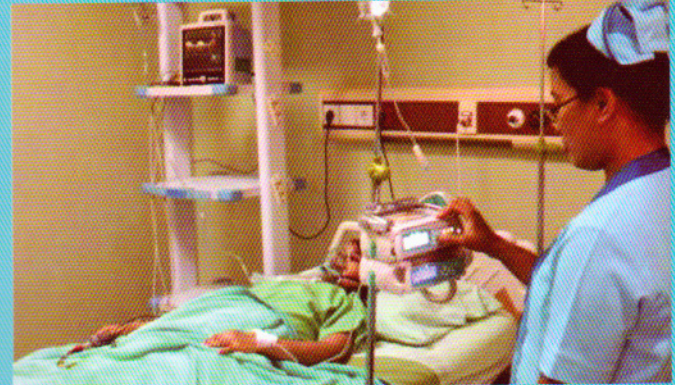


Symptoms in this stage include:

- Bleeding gums
- Spot bleeding on the skin
- Nose Bleed
- Blood in the urine
- Heavy flow during menstrual cycle



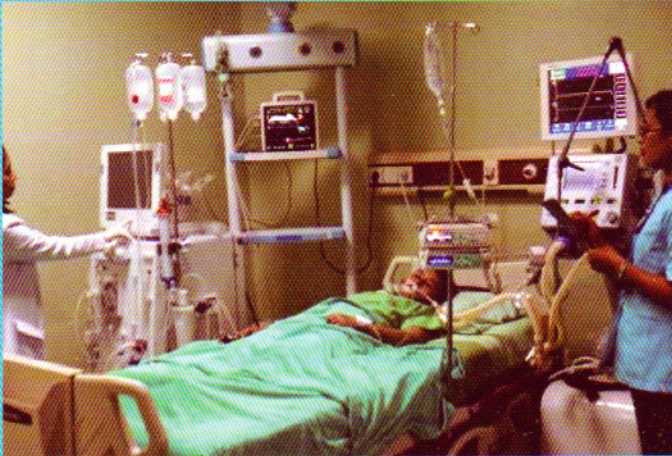
STAGE 3



Symptoms in this stage include:

- Clammy hands
- Pre-shock condition (circulatory failure (weak pulse, narrow pulse pressure (≤ 20 mmHg) hypotension, restlessness)

STAGE 4



Symptoms in this stage include:

- Unconsciousness
- Admittance into the ICU of hospital
- Unstable condition



If not detected or cared for in the early stages, dengue can lead to a very dangerous health state and can be very expensive in treatment. In some severe cases, it is the cause of death.

It is important to note, that if you are diagnosed with a case of dengue, to protect yourself from mosquito bites to stop the spread of the virus!

Photo credits: ICU Unit, Kasih Ibu Hospital

Health information provided by
Dr. Reny Duarsa, Sp. PD, M.Kes & Dr. Agus Somia, Sp.PD, KPTI
(Internal Medicine Specialists), Kasih Ibu Hospital

FIGHT THE BITE

It's confirmed, You have Dengue
Here's what to do

WHEN YOU HAVE A FEVER

1. Bed Rest
 - You need as much as possible
2. Control your fever
 - Do not take any ibuprofen, aspirin or any aspirin-related drugs. Essentially, no pain killers!
 - For high fever, take paracetamol every 6 - 8 hours
 - Sponge your skin with cool water
3. Prevent Dehydration
 - Drink plenty of fluids
 - If you have any of the following symptoms, go to the hospital or emergency room immediately:
 - Decrease in urination
 - Dry mouth, tongue or lips
 - Sunken eyes
 - Confusion
 - Rapid heart beat
 - Cold/dammy hands & toes

WHEN YOUR FEVER HAS GONE

Watch out for these warning signs as temperature declines at day 3-7:

- Severe abdominal pain or persistent vomiting
- Red spots or patches on the skin
- Bleeding from your nose or gums
- Vomiting blood or blood in stool
- Drowsiness or irritability
- Pale, cold or clammy skin
- Difficulty breathing

"If you have dengue: protect your family! It is important to shield yourself from further mosquito bites at this time as you are now a carrier of the virus"



CENTER OF EXCELLENCE KASIH IBU HOSPITAL

- Travel Medicine & Vaccination
- International Division
 - Inpatient Ward
 - Alarm Centre (International Patient Assistance Centre)
 - Emergency Room 24 Hours
 - Brain and Spine Centre with IONM (IntraOperative Neurophysiological Monitoring)
 - Orthopedic Centre
 - Stroke Center with TMS (Transcranial Magnetic Stimulation)
 - Hemodialysis

