

The dangers of dengue fever and how to keep you

[Health & Medicine](#), [Disease](#)



A very good morning to the principal, teachers and fellow friends. I am Samuel Lim, the president of the English Club and it is my honor to be able to stand before everyone to give a speech on ' The Dangers of Dengue Fever and How to Keep You Compound Dengue Free'.

Dengue is the most common viral illness around the world caused by a small mosquito. Regrettably, it can lead to serious medical problems like dengue. To make the picture clearer, dengue fever is not caused by every mosquito. In fact, it is caused by the *Aedes aegypti* mosquito which carries a deadly virus. An infected person might have a high chance of developing high fever, rashes, feel nausea and experience muscle and joint pains. It is no joking matter when a person becomes infected as the symptoms may last between six to seven days. To make things worse, it may become fatal and cost you your life. Very often, an infected person is admitted into the hospital for immediate medical treatment.

As the saying goes, ' Prevention Is Better than Cure', dengue can be prevented in your neighbourhood just by following a few simple precautions. On the very top of the list, make sure that the flower pots in your garden or compound do not contain stagnant water. Mosquitoes breed in stagnant water in just a matter of three weeks. The next thing to pay attention to is to clear clogged drains and rain gutters in your homes. Remember to turn empty pots and pails upside down so that they do not collect rainwater for these tiny vectors to breed. Another important step is to check your compound to make sure that there is no stagnant water. Last but not least, trim tall plants frequently and ensure that dead leaves and branches are

cleared. These can also become potential breeding grounds for Aedes mosquitoes.

In a nutshell, dengue is a dangerous disease which can rob you of your life but can be easily prevented by following a few simple steps. I hope that the information I have shared with everyone today can reduce.