



MOSQUITO-BORNE VIRAL INFECTION- DENGUE- COMMON IN SINDH.

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As we are still battling against the pandemic of covid-19, there are new fronts to fight against i.e; Dengue fever, an add on burden on the already friable health care system. Dengue fever is the most significant mosquito-borne viral disease in Pakistan. Virus responsible is the dengue virus, (DENV), and the vector is female mosquito specie of *Aedes aegypti*¹ which is a daytime feeder, the highest biting time is early morning, and at or around the sunset prior to dark. The virus transmits via a human-to-mosquito-to-human cycle; there is little possibility of maternal transmission. Monsoon period is the peak transmission period for dengue, after a person is being bit by an infected *Aedes aegypti* mosquito there is development of viremia, in this stage there is replication of virus in blood; the person may remain asymptomatic for 5 days, and later develop symptoms that last for a minimum period of 12 days. The clinical symptoms include an abrupt fever spike, observed in multiple waves, bone, muscle and joint pain, severe headaches, and a skin rash with red spots and pain behind the eyes, in our society, there is a general thought that people do not contact any health professional until it gets worse. In the case of dengue, as the symptoms usually give picture of malaria, people often start home remedies, which would further damage the case². The outbreak of Dengue fever is a continuous and countrywide risk in Pakistan. Previous reports of National Institute of Health (NIH) Islamabad, in the year 2017 the dengue cases reported in Pakistan were 22,938, more than 3,200 in 2018, in 2019 the number of cases was 24,547, and it was 3,442 reported cases in 2020. The present year 2021 also shows a rise in the cases, Sindh province shown surge in dengue cases, the health department government of Sindh reported 3,270, out of which 1307 the month of October, 2021, and 15 deaths in Sindh only in the year 2021, out of which 5 in the month of October.³ Furthermore 805 in number in the first 15 days of November out of which 507 were reported from

Karachi only, the capital of the country Islamabad reported total 1458 cases, and in previous month of October it shown more than 100 cases per day within three consecutive days, With the risky existing condition special attention is required for the spread control.⁴ The provincial health department teams should be actively involved to prevent the spread by abolishing the breeding sites of mosquito by means of insecticides sprays and fumigation, it could turn fatal as there is no permanent treatment available for dengue fever, the health practitioners usually stresses more on the immunity enhancement and symptomatic treatment thus preventing the development of viral infection to its hemorrhagic state. Vaccination against dengue fever is not yet offered in Pakistan, so it should always be taken as priority to enhance biological and ecological environment which does not favors the breeding of mosquito. Health education should be promoted at every front on social media, at schools and colleges, to enhance the awareness among masses regarding the precautionary measures and hazards of dengue fever⁵.

It is the time to manage situations timely and wisely by adopting the international and national or local guidelines to cover this disastrous situation otherwise our health and economy will be again affected seriously like Covid-19 pandemic. At last it is clear from the literature that there is no specific treatment available for dengue fever, only supportive and symptomatic are available, by adopting proper measures we may reduce the morbidity and mortality in relation to dengue fever.

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