

STATE TIMES

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Your Companion for a Funday

Dengue hemorrhagic fever

All you need to know about this rare complication



Even though we have officially exited the monsoon season, the dengue cases in the country continue to rise dramatically. This year, dengue cases led to severe symptoms and hospitalisation, all due to the new D2 strain of the virus. Besides, overlapping symptoms of dengue with COVID-19 made it more complex to detect the correct diseases earlier and start treatment at the right time.

Fever, chills, muscle pain and rashes are typical symptoms of dengue. This disease is seldom fatal, but delay in treatment can progress into a more serious condition known as dengue hemorrhagic fever.

What is dengue hemorrhagic fever?

Dengue is transmitted by the bite of an Aedes mosquito infected with any one of the four dengue viruses. It can even happen when a person is exposed to infected blood, but mosquito bites are more common.

Once you are infected with one type of virus, you may develop immunity against it for the rest of your life. However, it does not protect you from other strains of the virus. A person may come in contact with all four strains of the dengue virus. In fact, studies suggest that coming in contact with different strains of the dengue virus makes the person more vulnerable to developing dengue hemorrhagic fever. Some people even develop a hemorrhagic fever after recovering from the dengue virus infection.

Symptoms of dengue hemorrhagic fever

Symptoms of dengue hemorrhagic fever differ from the severity of the case. Mild cases of the condition may include:

- Bleeding under the skin

- Frequent vomiting
 - Abdominal pain
 - Mild, moderate, or high fever
 - Headaches
 - Nausea
 - Pain in the muscles, bones, or joints
 - Rashes on the skin
- If you are recovering from dengue and suddenly you develop new symptoms that may also indicate dengue hemorrhagic fever. Call your doctor if you witness:
- Restlessness
 - Acute, or sudden, fever
 - Severe abdominal pain
 - Bleeding or bruising under the skin
 - Cold or clammy skin
 - Nosebleeds
- Who is more prone to this condition?**
- The mosquito-borne disease, dengue can cause infection in any individual and even cause severe symptoms in case of carelessness and delayed treatment. The chances of developing dengue hemorrhagic fever are common among:
- Infants and small children
 - Pregnant people
 - Older adults
 - Those with compromised immune systems
- How is the condition treated?**
- Depending on the severity of your condition, your doctor may opt for one or two of the following treatment options:
- Over-the-counter or prescription drugs to manage pain
 - Electrolyte therapy
 - Blood transfusions
 - Oxygen therapy
- All of these methods help to control the symptoms of dengue from alleviating, allowing your body to heal naturally.
- How to prevent mosquito-borne diseases**
- It is always better to protect yourself from diseases than to take treatment afterwards. Although there is no vaccine to prevent dengue you can prevent the infection from spreading by taking simple measures:
- Ensure that stagnant water containers are removed
 - Use mosquito repellent and cream on open parts of the body
 - Make sure windows and doors are closed after sunset
 - Wear full clothes when going out
 - Keep your water tank covered
 - Do not litter open places surrounding your house
 - Do not allow obstruction and collection of water
 - Do not stay outdoor after sunset
 - Do not ignore any symptoms of dengue-like fever and chills.

Screen time and kids: 5 things to know before setting the time limit



Screen time is one of the greatest matters of concern for every parent, which has only become more bothersome during the last one-and-a-half years into the pandemic. Attending online classes at home has increased the screen timing for kids to a dangerous level, without any possible solution in hand to cut back on it. Not only school-going kids, but parents sometimes even hand over gadgets to their infants to pacify them when they are working. These factors make it more vital to set a screen time limit for their kids to reduce its harmful effect on their physical and mental well-being.

Tips to reduce screen time

However, with the presence of screens almost everywhere, controlling screen time can be a challenging task. Moreover, the growing usage of gadgets for study purposes makes the matter even more complicated. The question is how to set the screen that is easy to follow and also does not interfere with your kid's digital development. Here are the 5 things you need to keep in mind before taking any steps.

Screen time does not mean alone time

Excessive screen time is dangerous for kids for psychological well-being. It blurs the difference between real and reel. So, setting a screen time to reduce the effects is good. What parents do not get is that allowing screen time does not mean handing over gadgets to kids to play alone. It can also be some engaging task that you two can do together to explore the vast digital world. If your kid is watching cartoons on television, sit

with them, rather than doing your task.

Cut down the use of the device at bedtime for all

Studies suggest that using gadgets close to bedtime can interrupt kids' sleep. But the screen has the same effects on grown-ups. The blue light emitted from electronic screens keeps your mind active for a long time as a result, you find it hard to fall asleep. So, when cutting down screen time from your kids' routine, do it for yourself as well. Instead, engage in some other activities like reading with your kid or playing board games.

Do not hand over the phone from an early age

Studies suggest that in most kids the problem of screen addiction emerges when they are introduced to gadgets from childhood. If you want to avoid this problem in your kids when they grow up, try not to hand over the phone to them when they throw a fit. Instead, read to them. Another study suggests that parents who read to their kid, instead of handing over the phone, do not have to deal with the problem of excessive screen addiction later.

Look if you are screen-addicted

Kids often mimic the behaviour of adults. So, if you are addicted to technology, kids will also develop the habit of spending too much time in front of the blue screen. Be a good role model if you want to instil good habits in your kids. Evaluate your daily screen time limit and cut it down. Make time to play, walk and read with your kid.



How to fix your child's behaviour before it gets too late

There are many layers to a child's personality. While they're innocent and honest, they can develop traits that may be discomforting for parents. A child's misbehaviour is often a result of being unheard or excess pampering. As a parent, one must learn to find a balance between the two extremes so as to make the child conscious of his or her actions and make them more responsible. For those parents, whose children are on the verge of having behavioural issues, depicting certain bouts of aggression and back-talking, here are some ways to fix your kid's behaviour before it gets too late.

Set ground rules early on

As and when your child develops language and cognitive skills, start setting ground rules. Do not wait for them to grow up, instead introduce them to good values, proper routines and positive beliefs early on in life. This will stay with them until they grow up and will keep inappropriate and inconsiderate behaviours at bay.

Teach them the difference between right and wrong

Parents must also make sure to help their children differentiate between what's wrong and what's right. Given that they're yet to experience a lot of things, your knowledge of the world can work wonders for them. Let them know when they're wrong and appreciate them for the good deeds they do. Help them make the right choices in life and do not chide them for the mistakes they make.

Make communication a two-way process

Do not be the parent, who only knows how to lecture. Rather, make yourself capable of listening to your child. When it comes to parenting, communication should be a two-way process. Just like you expect your child to listen to you, you must learn to give your child an ear. Make their concerns yours and help them find a solution to their problems. This way, not only will they place their trust in you, but will believe in your decisions.

Do not always criticise your child, be rewarding too

Productive criticism is good. But if you keep counting your child's flaws and make them feel bad about it, they'll refrain from opening up to you. They'll become rebellious in nature and will not listen to anything you say. If you want to avoid such circumstances, rather than criticising your child for the mistake they made, appreciate them for the effort they put in. Reward them and make them feel special.

Nip instances of bad behaviour in the bud

If your child starts showing any signs of aggression or temper tantrum, do not wait for it to escalate. Make sure you take action and if it continues, follow through with consequences. Let them know that they won't get away with bad behaviour.

Be a good role model

Most importantly, parents should set great examples. If you lie, show aggression, dismiss people, look down upon people, your child will do the same. Arrogance is not something someone is born with, rather it develops due to surrounding factors.

