English Master Script For Translation

Dengue fever

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Dengue

NB - PRONOUNCED DENG-EE in English

1. In this lesson we will look at what causes dengue fever. We will learn what the symptoms of dengue are. Then we will also learn what you can do to prevent getting dengue.

2. Dengue can be a serious illness. It can happen in many countries of the world, and many people get dengue every year. In most cases, dengue is only a mild illness, but sometimes it can be so severe that you need to be hospitalized. Dengue can also cause death.

3. If you get dengue you may get a fever, a severe headache, pain behind your eyes, pain in your muscles and joints, and swelling in your neck and armpits. You might get red spots on your skin, which are sometimes itchy. If you have dark skin, these spots might be hard to see. You may also feel sick or vomit.

4. Anyone can get dengue, but it can be especially dangerous for young children, pregnant women, and very old people. Most people will recover, but sometimes, severe dengue can get worse quickly. This is very dangerous so, if you think you have dengue, go to the clinic as soon as you can.

5. Now YOU need to answer a question. Try to answer using the arrow on the controller. You can hear any question again if you press the button in the centre.

6. Is dengue dangerous?

7. Yes?

8. Or no?

9. Press a button now.

10. You are right. Dengue is dangerous. Many people get dengue every year and some of them will die because of it.

11. Dengue is caused by a virus which is carried by mosquitoes. You get dengue when an infected mosquito bites you.

12. The mosquitoes that carry dengue are different to the mosquitoes that carry malaria. Many different diseases are spread by mosquitoes so it is really important to follow the advice in this lesson.

13. The mosquitoes that carry dengue virus bite during daylight hours, and they bite and spread disease all year long. So you need to stop mosquitoes biting you while it is daylight to prevent dengue.

14. You will not get dengue if mosquitoes do not bite you. You cannot catch it from another person. If you prevent mosquitoes from biting you, you will not get dengue, and you will not get other diseases spread by mosquitoes.

15. How do you get dengue?

16. From mosquito bites?

17. or from the air?

18. Press a button now.

19. Right. You can get dengue when an infected mosquito bites you.

20. When do the mosquitoes that carry dengue fever bite?

21. Only on sunny days?

22. Or during daylight hours, all year long?

23. Press a button now.

24. Yes! The mosquitoes that carry dengue fever bite during daylight hours, and throughout the year. However other mosquitoes can be active at any time of day, and can carry other serious diseases such as Malaria.

25. There are some simple things you can do to stop mosquitoes biting you in your house. These things are very important for babies and children, pregnant women and older people.

26. You should use bed nets, or mosquito nets, at night to protect yourself from diseases carried by mosquitoes. It is a good idea for babies and very young children to sleep and play under a bed net during the day also, to stop mosquitoes from biting them.

27. Treat bed nets with insecticide, if possible. This is a special liquid for killing mosquitoes. Insecticide helps bed nets to work better, by killing mosquitoes or making it difficult for them to get through the net. Your health worker should be able to tell you what insecticide is recommended in your area.

28. If a bed net is not available, dip some material or cloth in insecticide and then dry it. You can then hang the material or cloth over doors and windows to prevent mosquitoes from coming in.

29. Why is it important to use a bed net?

30. The bed net stops mosquitoes from biting you,?

31. Or the bed net keeps you warm?

32. Press a button now.

33. Correct! If young children sleep or play under a bed net during the day they will be protected from mosquito bites.

34. If you don't have bed nets what can you use to prevent mosquitoes from biting you?

35. Material or cloth dipped in water,?

36. Or material or cloth dipped in a safe insecticide?

37. Press a button now.

38. Yes you are right. If you dip material or cloth in a safe insecticide, it can help to stop mosquitoes coming into your house.

39. A good way to stop mosquitoes from biting you is to wear clothes that cover your arms and legs. Be sure to cover your wrists and ankles. Loose fitting clothes tucked in at the ankle are useful, because mosquitoes can bite through tight clothes.

40. This is especially important for children and pregnant women.

41. Another way to stop mosquitoes coming into your house is to burn special coils or to use insecticide sprays, if they are available.

42. Why is it a good idea to wear clothes that cover your arms and legs?

43. Because it looks nice,?

44. Or because it stops mosquitoes from biting you?

45. Press a button now.

46. Yes, you are right. Clothes that cover your arms and legs, especially your wrists and ankles, discourage mosquitoes from biting you.

47. What else can you do to stop mosquitoes coming into your house?

48. Use insecticide sprays,?

49. Or sing loudly?

50. Press a button now.

51. Yes you are right. It is good to use insecticide sprays or burn coils, if they are available, inside your house.

52. The best way to prevent mosquitoes is to stop them breeding; that is, producing lots of young mosquitoes. If you stop mosquitoes breeding it will reduce dengue, and other diseases carried by mosquitoes.

53. Dengue mosquitoes breed in places where people store water, or where pools of water appear after rain. There are many places where mosquitoes can breed, especially in places where there are a lot of people.

54. Dengue mosquitoes breed in water drums or tanks, cisterns, buckets of water, septic tanks, animal drinking bowls and pools made by people.

55. Dengue mosquitoes do not need a lot of water. They can breed where there is only a small amount of water, such as around plants, in old tyres, or in decorative fountains.

56. This might be at a school, at a place of work, in a market, or in houses. Dengue mosquitoes will breed anywhere that water is stored.

57. Is it important to try to stop mosquitoes breeding?

58. Yes,?

59. Or no?

60. Press a button now.

61. Yes you are right. It is very important to try to stop mosquitoes breeding, as this will help to reduce dengue and other diseases.

62. Where do mosquitoes breed?

63. Where there is water, ?

64. Or in the air?

65. Press a button now.

66. Correct. Dengue mosquitoes breed in places where water is stored, such as water tanks, old tyres, buckets or even plant pots and flower pots.

67. It is important to try to stop mosquitoes breeding. To do this you need to reduce the number of places where still water is found.

68. In places where still water is found outside, you can fill holes in the ground or install drains. You can also cover water containers or water tanks, and remove any long grass and bushes close to your house.

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69. You can make sure there are no objects near your house where still water can build up, such as old tyres. You can help your neighbours to do the same, and you can also do this at the school your children attend.

70. What can you do to try to stop mosquitoes breeding?

71. Keep windows and doors open,?

72. Or cover water containers and tanks?

73. Press a button now.

74. Yes. You need to cover water containers and water tanks, and remove anything near your house, or school or place of work, where water builds up.

75. If you are pregnant and you get dengue it can cause problems for you and for your unborn child.

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76. If you are pregnant, be especially careful to stop mosquitoes from biting you. This will help you to protect yourself and your baby from dengue.

77. If you have dengue when you are pregnant, it can cause your baby not to grow well, or to be born too early. If you are pregnant and think you might have dengue, talk to your health worker so that they can help you recover.

78. There is no specific treatment for dengue, but health workers can treat the symptoms and help you recover.

79. Why is dengue especially dangerous if you are pregnant?

80. It makes you feel very thirsty,?

81. Or it can seriously harm you and your unborn baby?

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82. Press a button now.

83. Yes you are right. Dengue can harm or even kill you and your unborn baby.

84. Here are some of the symptoms of dengue: a fever, or high temperature, severe headache, pain behind your eyes, pain in your muscles and joints, feeling sick, vomiting, and red spots that might be itchy or hard to see.

85. If you or anyone in your family has some of these symptoms they might have dengue, so they need medical help.

86. Sometimes, dengue can become severe dengue. The symptoms of severe dengue normally start between 3 and 7 days after you start to feel unwell. These symptoms include severe stomach pain, vomiting a lot, breathing fast, bleeding gums or nose, or blood in your vomit or poo. You must get medical help, and tell the doctor, if someone has these symptoms. If they do not get proper care they might die.

87. There is not a specific anti-viral treatment for dengue or severe dengue, but health workers can treat the symptoms and help you to recover. The main treatment for severe dengue is intravenous fluids.

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88. What are the signs that you or someone in your family might have severe dengue?

89. A severe stomach pain, fast breathing, or blood in vomit or poo?

90. Or sneezing?

91. Press a button now.

92. Yes. If you, or someone in your family has a severe stomach pain, vomiting, blood in vomit or poo, fast breathing or bleeding gums or nose, it might be because they have severe dengue fever. They must go to the health centre immediately.

93. When might a person get the signs of severe dengue fever?

94. Three weeks after they start to feel unwell, ?

95. Or between 3 and 7 days after they start to feel unwell with dengue?

96. Press a button now.

97. Correct. Severe dengue can start between 3 and 7 days after first getting ill. If a person has symptoms of severe dengue, they must go to the health centre.

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98. If your child has a fever because of dengue or any other illness, they must keep cool. So it is important to bathe them in cool (not cold) water. Or you can use a wet cloth to put quick, light touches of cool water all over their body. Dress them in thin clothing.

99. Your child might not want to eat or drink. But if your child is not vomiting, encourage your child to drink plenty and eat small amounts of food often. If your baby has a fever, breastfeed them often.

100. If an adult has a fever, give them plenty to drink.

101. You can also give an adult paracetamol to treat the fever and the muscle aches. Do not give ibuprofen, aspirin or diclofenac as these might be dangerous if the person has dengue fever. If you are not sure, check with a health worker.

102. What can you do to keep children cool when they have a fever?

103. Bathe them in cool water,?

104. Or bathe them in very cold water?

105. Press a button now.

106. Yes you are right. If a child has a fever, keep them cool by bathing them in cool water. Or use a wet cloth to put quick, light touches of cool water all over their body.

107. Is it a good idea to give food and water to children with dengue?

108. No, because it will make them feel worse

109. Or yes, they need food and water to make them stronger?

110. Press a button now

111. Yes you are right. It is very important for children with dengue fever to drink plenty of water and eat small amounts of food often, if they are not vomiting. Breastfeed babies often.

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112. Dengue is a very dangerous illness. So, do all that you can to prevent mosquitoes from biting you and your family.

113. There is a vaccine for dengue fever, but it is not yet widely used. In a few countries the vaccine is being used to prevent children getting dengue fever for a second time, as it can be more serious if you have already had the illness.

114. To prevent mosquitoes from spreading dengue and other diseases, follow the advice in this lesson.

115. If you think you have dengue fever, try hard not to get bitten by mosquitoes. This will help to stop the mosquito from spreading it to another person.

116. Remember the symptoms of dengue include fever, severe headache, pain behind your eyes, pain in your muscles and joints, feeling sick or vomiting, and red spots on your skin. If you think you or anyone in your family has dengue, go to the health centre for treatment immediately.

117. Remember the symptoms can get worse. If someone has severe stomach pain, fast breathing, vomiting, or is bleeding from the mouth or nose, or has blood in their vomit or poo, go to the health centre for treatment immediately. Getting help early might save their life.

118. Let's work together to stop mosquitoes. Teach your friends and family and school about this or share this lesson with them, to help everyone stay safe.

119. That was the wrong answer. Let's go back and listen again.

120. Sorry! Wrong answer.

121. Hello. The title of this lesson is "Dengue fever". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.

122. You have now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!

123. Correct!

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124. “Dengue fever”

125. Welcome to the quiz! You will now be asked 10 questions. To win a gold star you will need to get all 10 questions correct. Let’s get started - good luck!

126. Sorry, you haven’t got enough points for a gold star. Have another go at the lesson and try to get every question correct.

127. Congratulations, you got every question correct and you have a gold star. Choose another lesson, to learn more!