

**NORTH EASTERN REGIONAL INSTITUTE OF SCIENCE AND TECHNOLOGY
(NERIST)
Nirjuli, Arunachal Pradesh**

NERIST HEALTH UNIT

ADVISORY ON DENGUE PREVENTION AND CONTROL

Date: 28/09/2026

In view of the prevailing risk of dengue, all students, faculty members, staff and residents of the NERIST campus are advised to take necessary precautions to prevent mosquito breeding and dengue transmission.

1. Know the Dengue Mosquito

- Dengue is transmitted mainly by *Aedes aegypti* and *Aedes albopictus* mosquitoes.
- *Aedes* mosquitoes are predominantly day-biting, with increased activity during the early morning and late afternoon.
- They breed in small collections of stagnant water around homes, hostels and institutional premises.
- Common breeding sites include buckets, flower pots, tyres, coolers, discarded containers and uncovered water-storage vessels.

2. Prevent Mosquito Breeding

- Remove stagnant water regularly and keep water containers covered.
- Empty and clean coolers, flower pots and other water-holding containers regularly.
- Do not allow discarded tyres, bottles, cans or other containers to collect rainwater.
- Maintain cleanliness in hostels, residential areas, offices and surrounding premises.

3. Protect Yourself

- Use mosquito repellent, particularly during daytime.
- Wear full-sleeved clothing and long trousers where practicable.
- Use mosquito screens and other protective measures where available.

4. Fever — Do Not Self-Medicate

Anyone developing fever, headache, body ache, pain behind the eyes, nausea/vomiting, rash or unusual weakness should seek medical advice.

- Do not self-medicate for fever.
- Avoid aspirin, ibuprofen, diclofenac and other NSAIDs unless specifically advised by a medical practitioner, as these medicines may increase the risk of bleeding in dengue.
- Do not start antibiotics or steroids without medical advice.

5. Contact NERIST Health Unit

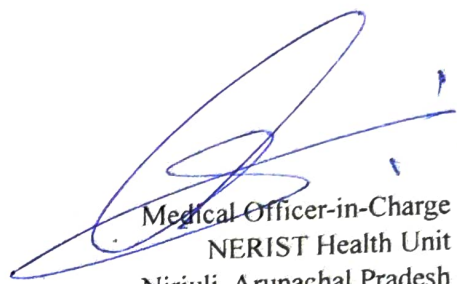
Students, faculty and staff with fever or symptoms suggestive of dengue are advised to visit or contact the NERIST Health Unit doctors for appropriate assessment, investigation and follow-up.

Urgent medical attention should be sought for severe abdominal pain, persistent vomiting, bleeding, difficulty in breathing, excessive drowsiness/restlessness, fainting, reduced urine output, cold/clammy skin or sudden deterioration.

IMPORTANT

Dengue mosquitoes bite mainly during the day. Prevent mosquito breeding, protect yourself from mosquito bites and do not self-medicate for fever. Visit or contact the NERIST Health Unit for medical advice.

All concerned are requested to cooperate in maintaining a healthy and dengue-free NERIST campus.



Medical Officer-in-Charge
NERIST Health Unit
Nirjuli, Arunachal Pradesh
Chief Medical Office,
NERIST Health Unit
Nirjuli (A.P.)

Copy to:

1. The Director, NERIST – for kind information.
2. The Registrar, NERIST – for kind information and necessary action.
3. All Deans – for information and necessary action.
4. All Heads of Departments/HoS – for information and circulation.
5. Chairman NHU – for information.
6. Chairman HMC – for information and necessary action.
7. Estate Officer – for necessary action regarding mosquito breeding and stagnant water.
8. ET Cell I/C – for wide dissemination.
9. Office Copy.