



## Editorial

# Dengue Complicating the Corona Situation

Ahmed MU\*

In our country from the date of first identification of corona virus, 17 months completed on 07.08.2021. In respect of disease identification and number of deaths from 09.07.21 to 07.08.21 was the most dangerous month among total 17 months. During this period (09.07.21 to 07.08.21) more than 3 lacs new cases were identified and more than 6.5 thousand died which is about one fourth of total identified and death of 17 months. In the month of August'21 more than ten thousand patients were identified daily and the rate of identification as per investigation was about 30%.

Death rate of 60 years above persons was marked previously and comparatively women death rate was low. After that the death of early age group and women were increasing. As per identification of the cases, death rate was 1.67%. In Asia, this death rate was in 3rd position. According to WHO this rate was 26th in the world. WHO also said that if this identification rate maintain less than 5%, in average for two weeks it can be said that the situation is under control but it was more than 25% in Bangladesh. After reduction of the movement restrictions, there was every chance of enhancement of the number of Covid'19 cases.

In the month of December 2019 corona virus was first identified in Wuhan of China. Afterwards it was spread into the whole of the world. In Bangladesh, the first case was detected in 8th March, 2020. In the current year of 2021, 2nd wave was started in the month of March. In between these two-period, situation was under control to some extent. But after Eid-ul Fitr (in May'21) the rate of attack was started to increase, especially the rate of attack in the border adjacent district enhanced abruptly. District wise movement restrictions could not limit the rate.

On that time the attack of delta variant had been identified. From June'21, rate of attack was increased in whole part of the country. At that time delta variant was spread everywhere. Rate of attack and death was started to increase in rural areas which was less significant in the year of 2019. In the statement of the research cell of Government of Bangladesh, it was seen that 78% of attack was caused by delta variant in June'21. After that 98% of attack was caused by delta variant which was found in the research work of BSMMU. At the time of increase of rate of attack, rate of death was also increased which was crossed more than hundred in

the end of June'21. In the month of July'21, it reached into a dangerous stage. On the 6th August of 2021, the number of death was 261 which was the second highest amount in last 17 months and on 5th August of 2021 the number of death was 264 which was the highest in last 17 months Covid'19 period.

Public Health expert said that the delta variant which was originated in India, created a dangerous situation in Bangladesh. But, from the 1st week of August'21 the number of identifications reduced a little bit, but it was far from the point of control. In this stage big number of people should be vaccinated. Side by side Covid'19 health regulations like compulsory wearing of face mask, maintenance of safe social distance, repeated hand washing with soap for at least 20 seconds, avoidance of mass gathering should be ascertained. Understanding the situation movement restrictions should be reduced slowly to keep the Covid-19 situation under control. Opening of field hospital might help where all the hospital beds were occupied by Covid'19 cases. Few peoples were buying oxygen cylinders for their own use or to create a crisis by which they would earn a big amount. Not only ICU but oxygen concentrator, Oxygen generator and central oxygen pump system should be made available enough for easy purchase in actual rate to supply Oxygen to the ailing patients. There was a chance of increased death rate, if these were not materialized and immediate appropriate measures were not taken by the authority.

Dengue is also a viral disease like Covid'19. But corona virus directly enters into the lungs of human body and dengue enters into the human body by the bite of Aedes mosquitoes. Dengue spreads during the rainy season. They complete their breeding in the clear water which remains as residue in and around the houses. Blood vessels become inflamed due to the attack of Dengue. As a result, plasma comes out of the vessel. For which blood pressure reduces. At a stage, oxygen supply is reduced in brain and some important parts of the body. At the same time breaking down of platelet starts. If amount of platelet reduces significantly, the risk of bleeding increases. After the entrance of Dengue virus inside the human body, symptoms of disease are seen within 5 to 10 days. This viral fever patients feel well after a week commonly. But in some complex condition like expanded Dengue syndrome, one may suffer for 2nd week even for 3rd week also. So, one has to consult a physician if suffers from Dengue. In

\* Prof. Dr. Musleh Uddin Ahmed, Professor & Head, Department of Transfusion Medicine, Eastern Medical College & Hospital, Kabila, Burichang-3520, Cumilla, Bangladesh. Mobile: +8801711747477, Email: [dr\\_musleh\\_uddin\\_ahmed@yahoo.com](mailto:dr_musleh_uddin_ahmed@yahoo.com)

some stages it is risky to keep patient at home. So, if needed patient should be admitted to the hospital. If patient becomes very weak, level of consciousness fluctuates and neurologically unstable, restless or unconscious patient must be admitted to the hospital. Other than these if patient have convulsion, dehydration, respiratory problem, signs of jaundice, urinary problem or signs of bleeding from anywhere of body patient must be admitted to the hospital on emergency basis.

What is to be done for Dengue cases?

1. Paracetamol should be used to reduce the high temperature.
2. Along with corona, Dengue should be tested for a patient with pyrexia.
3. Liquid food like water, drinks, green coconut water should be supplied sufficiently. Oral saline can be given.
4. Attention should be given to the amount of the formation of urine.
5. Food should be given as usual. But protein rich food like egg, dal, fish, meat and vitamin C rich foods e.g., orange or malta should be given sufficiently.
6. If symptoms arise, consultation with the physician should be done as early as possible.
7. Every necessary step should be taken to reduce the breeding of mosquitoes and protection of people from mosquito bite.

Number of Dengue cases were started to increase from the last week of June'21 in Bangladesh. From

January'21 to May'21 total number of cases were 100. In June'21 number of cases became 272. In July'21 this number was 2,286. But in first 10 days of August'21 this number had become 2,321. Till 10.07.21, 18 cases died due to suspected Dengue. According to the statistics supplied by the control room of Directorate General of Health Services (DGHS), Bangladesh, 4 died in Dhaka Shishu Hospital, 4 in Ibn Sina Hospital, 6 in Square hospital, 1 in United Hospital and 1 in Bangladesh Specialized Hospital. Outside of the Dhaka division, 2 died in the Chittagong division. Director, Disease Control of DGHS said that Dengue should be kept in mind along with Corona. Extra attention should be given to Dengue and its investigation can be done free of cost under the management of Government of Bangladesh. Both city corporations of Dhaka should appeal for sufficient larviciding and adulticiding insecticides to be kept in their stock. But there was some clue behind the killing of larva and adult mosquito. Spraying of larvicide and adulticide were not completed in all the areas of city corporation. The experts advised to start spray of larvicidal and adulticidal first to the areas from where Dengue patients were coming. Mosquito expert and Head of the department of zoology of the Jahangirnagar University said that the number of Dengue attacks was more than 100 daily during the season and it would be increased in August'21 and September'21. For the strict Covid'19 restrictions government and non-governmental organizations were closed. If larvicidal and adulticidal were not spread in locked areas, situation would be worse.