

## **Community Involvement as the Main Strategy to Struggle with Dengue Virus**

People's health is one of the central concerns of the modern global community. People try to improve access to care and assist vulnerable populations in struggling with illnesses and enjoying the high quality of their lives. For this reason, there are multiple programs aimed at resolving topical issues, such as chronic problems of infectious diseases affecting individuals and preconditioning severe outcomes. Unfortunately, regardless of all attempts, there are still nagging issues influencing broad populations and their health. Dengue fever belongs to this cohort because it is responsible for millions of deaths globally and demands immediate action to enhance the situation.

Dengue fever is a mosquito-borne viral infection peculiar to tropical areas. The disease is caused by the dengue virus (DENV) having four stereotypes, meaning that a person can be infected more than once. The symptoms include high fever, headache, vomiting, pain, and typical skin rash (WHO, 2020). Recovery might take two to seven days needed for a person to cope with the virus. However, in some cases, severe dengue can develop with bleeding, low levels of blood platelets, and dengue shock syndrome (CDC, n.d.). This form of the disease is a leading cause of death in Asian and Latin countries resulting in about 25,000 victims annually (WHO, 2020). Because there is no specific treatment for dengue, early detection, and provision of access to care reduce fatality rates to below 1% (WHO, 2020). Under these conditions, community involvement is the most effective strategy to prevent the disease and treat it at the early stages.

The effectiveness of prevention and community involvement is proven by the fact that there are no medicines or treatments for the disease. The main recommendations include having appropriate rest, taking drugs to control fever and release pain, and drinking fluids to avoid

dehydration (Kusuma et al., 2019). The majority of mild symptoms can be managed at home by creating appropriate conditions for a sick person (Haider et al., 2015). For this reason, community resources can be sufficient to struggle with the dengue virus and guarantee a significant minimization in the number of deaths every year.

The critical role of community involvement is also proven by the fact that if unnoticed, dengue disease might evolve into severe dengue. The given state is characterized by a significantly increased risk of complications and lethal outcomes. The statistics show that the lack of access to care because of the disregard of first symptoms or the low level of community engagement and education are the most important reasons for the deterioration of the situation and deaths from severe dengue with complications (WHO, 2020). Under these conditions, the prevention and monitoring practices acquire the top priority as the potent approach to struggling against Dengue globally.

Finally, community involvement's efficiency improves engagement, awareness, and establish active mosquito and virus surveillance. The World Health Organization (2020) states and educating people in risk areas help to minimize infection rates and mobilize the available resources to struggle with the disease at early stages. Moreover, control measures such as applying insecticides are also more effective when employed by all people living in the area, as it guarantees enhanced control of mosquitoes and avoidance of new outbreaks (Kusuma et al., 2019). Finally, the increased awareness helps individuals to detect dengue fever at early stages and provide patients with the needed treatment, which reduces the risk of fatal outcomes.

However, there is an opposite opinion stating that vaccination should be viewed as the only effective way to struggle with dengue fever. The spread of vaccines will cultivate herd immunity and gradually decrease the number of new cases globally (Tripathi & Shrivastava,

2018). For this reason, the development of safe and working vaccines should be viewed as the prior and the preferred strategy to struggle against the dengue infection (Tripathi & Shrivastava, 2018). Moreover, it will provide the government with an additional tool to monitor and control the situation in the most problematic regions and avoiding new outbreaks of the disease.

Answering this claim, it is possible to accept the critical importance of vaccines as it is a proven mechanism of developing herd immunity and minimizing the number of cases globally. However, there existing vaccines might pose a risk to individuals without having a prior dengue infection, and there are multiple adverse effects (Tripathi & Shrivastava, 2018). Second, community involvement can be viewed as a less expensive and, at the same time, more effective way to promote long-term effects vital for struggling with the virus (Kusuma et al., 2019). For this reason, it is possible to combine existing approaches with the priority to educate people globally.

Altogether, Dengue fever remains one of the nagging problems today. In some Asian and Latin countries, it preconditions multiple deaths. For this reason, there is a need for practical solutions to the problem. The focus on improving community involvement can be seen as a potent method to minimize the number of cases annually and help individuals to devote attention to the critical factors associated with the disease. Only by improving people's awareness and knowledge, it is possible to struggle with the virus and stop its spread.

## References

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