



# Tropical Disease Emergency Reference

Quick-reference guide covering symptoms, prevention, and home support measures for dengue, malaria, leptospirosis, and heat illness during emergencies in Malaysia.

Floods, stagnant water, poor sanitation, heat exposure, and overcrowding increase disease risk during emergencies in tropical climates. Prepared families should recognize warning signs early, maintain hydration, reduce mosquito exposure, and seek medical care when danger symptoms appear.

**IMPORTANT DISCLAIMER:** This guide is educational only and not a replacement for professional medical care. Severe symptoms, breathing difficulty, confusion, persistent vomiting, dehydration, seizures, bleeding, or worsening illness require urgent medical attention.

## 1. Dengue Fever

Category	Information
Common Symptoms	High fever, body aches, headache, rash, nausea, fatigue
Danger Signs	Bleeding, severe abdominal pain, vomiting, confusion, breathing difficulty
Home Support	Hydration, ORS, rest, paracetamol only
Avoid	Ibuprofen, aspirin, NSAIDs unless advised by doctor
Prevention	Mosquito control, repellents, eliminate standing water

## 2. Malaria

Category	Information
Common Symptoms	Fever, chills, sweating, fatigue, headache
Risk Areas	Forest, jungle, rural tropical regions
Home Support	Hydration, cooling measures, seek medical testing
Prevention	Mosquito nets, repellents, long sleeves
Emergency Concern	Untreated malaria can become life-threatening

## 3. Leptospirosis (Rat Urine Disease)

Category	Information
Common Symptoms	Fever, muscle pain, vomiting, headache, red eyes
High Risk Exposure	Floodwater, dirty water, contaminated mud
Prevention	Avoid floodwater exposure, wear boots and gloves
Home Support	Hydration and medical assessment
Emergency Concern	Can affect kidneys, liver, lungs



## 4. Heat Exhaustion & Heat Stroke

Category	Information
Heat Exhaustion Symptoms	Heavy sweating, dizziness, nausea, weakness, cramps
Heat Stroke Danger Signs	Confusion, collapse, seizures, very high temperature
Immediate Actions	Move to shade, cool body, hydrate slowly
Prevention	Hydration, shade, avoid midday heat
Emergency Concern	Heat stroke is life-threatening

## 5. Tropical Disease Prevention Checklist

Done	Checklist Item
<input type="checkbox"/>	Store mosquito repellent and coils
<input type="checkbox"/>	Maintain ORS and hydration supplies
<input type="checkbox"/>	Avoid stagnant water around home
<input type="checkbox"/>	Keep waterproof boots and gloves
<input type="checkbox"/>	Store paracetamol and thermometer
<input type="checkbox"/>	Use clean drinking water only
<input type="checkbox"/>	Prepare emergency medical contacts
<input type="checkbox"/>	Monitor family members for fever symptoms

## 6. Suggested Medical Supply Additions

Item	Purpose
ORS / Electrolytes	Hydration support
Mosquito Repellent	Reduce mosquito bites
Thermometer	Monitor fever
Paracetamol	Fever support
Waterproof Gloves	Flood cleanup protection
N95 Masks	Reduce contamination exposure