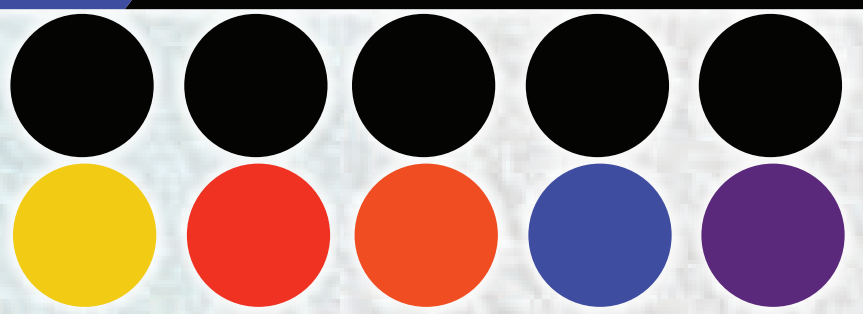


LOCALIZATION COORDINATION COUNCIL

مجلس تنسيق
العمل القاعدي



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التضامن

Echoes of Solidarity

Issued by the Emergency Rooms
of the Localization Coordination Council (LCC)

North Darfur State: A Humanitarian Tragedy... and Displacement That Melts Hearts While Solidarity Efforts Light a Candle of Hope

Kassala Youth Emergency Room
implements an integrated
treatment day in the Shabik area



Fire consumes more than 140
houses in Mukjar locality,
Central Darfur



EDITORIAL

700,000 displaced people in Tawila A humanitarian catastrophe that threatens a silent genocide Between hunger and cold ... Human suffering awaits a helping hand

On April 12, 2025, the Tawila local emergency room received more than 450 displaced families coming from El Fasher city and Zamzam camp, fleeing the scourge of war and destruction, carrying with them unseen wounds and incalculable pains, where bodies bend from fatigue, but spirits still rise with a deep belief that the end is near. This brings the number of displaced people in Tawila to 700,000. Families arrived by tractors, overcrowded lorries, and donkeys, while the majority walked for miles on foot.

The sky is no longer enough for the tears of mothers, and the land is no longer enough for the bodies of the victims. 700,000 displaced people - a number that exceeds the population of some countries - are now crammed into informal settlements that resemble cities of the dead, where life has become an impossible equation of either a quick bullet or a slow death by hunger and disease.

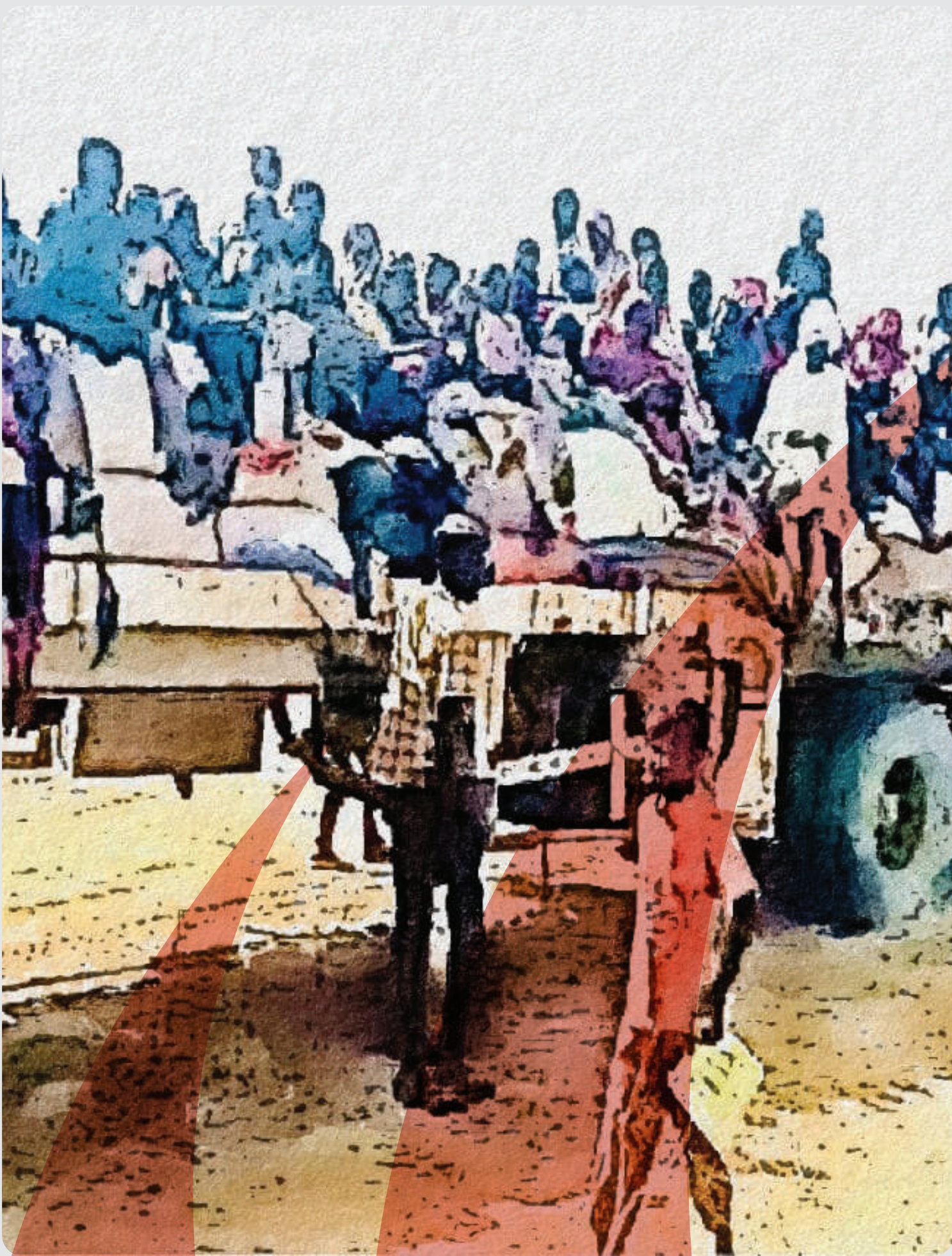
Reality in numbers: Every 3 minutes, a child dies of disease, hunger or cold. 92% of IDPs drink water contaminated with human waste. One doctor for every 25,000 IDPs. One meal every 24 hours for the average family. These are not just numbers or reports, these are human lives being taken every day in front of our eyes. We will not let them face their fate alone.

Attempts in the face of helplessness

Despite the lack of resources, long emergency room teams are working day and night to secure the minimum needs. The situation goes beyond the word “difficult”, it is a humanitarian disaster by any standard: Overcrowding without shelter” How to measure the pain of a mother huddling her hungry child under a torn tent that does not protect him from the cold of the night or the heat of the day. A severe shortage of the most basic necessities of life: water, food and medicine, children without education, an entire generation deprived of their most basic rights. “This is not a crisis. This is a miniature apocalypse.”

Tawila local emergency room
April 30, 2025





Fire consumes more than 140 houses in Mukjar locality, Central Darfur

Workshop on FGM for shelter centers in South Darfur

Under the slogan “Mental Health is a Priority”, a psychiatric clinic in North Bahri City

Report of a fire in Al Rayyan neighborhood in Al Miram locality

Workshop on FGM for shelter centers in South Darfur

April 12, 2025

Within the framework of its awareness-raising work, the Emergency Room and Health Centers - Nyala organized a workshop entitled: (Health Education, Hygiene, Reproductive Health and Female Circumcision), on April 12, 2025, with the participation of 38 trainees. The participants were divided into two groups, the first with the participation of 20 trainees from different shelters: (4 trainees from Hamira Shelter, 4 trainees from Al-Zahraa Shelter, 4 trainees from Al-Khair Shelter, 4 trainees from

Al-Salam Shelter and 4 trainees from Al-Miqdad Shelter). The second group with the participation of 18 trainees, 11 trainees from the Emergency Room and Health Centers - Nyala, and 7 trainees from women's association volunteers. The workshop lasted for 6 continuous days and aimed at strengthening interaction and cooperation with women's associations, where networking was done with: You Are Not Alone Association, Sakha and Atta'a Association, Raghad Charity Association, WayBear Association, and Precious Females Association.



Shared kitchen project for displaced people in Khartoum State

April 11, 2025

The Emergency Room and Health Centers - Nyala implemented a joint kitchen project at the Mehira School shelter to meet the needs of the displaced people coming from Khartoum State, who numbered 50 families (300 people), including 120 children, 150 women, 50 men and 80 elderly people, some of whom suffer from chronic

diseases. The kitchen began its work on Friday, April 11, 2025, by providing basic meals to bridge the hunger gap, as the meals contained the basic elements of food in addition to rice and pasta. It is worth mentioning that after one week of the kitchen's work, the shelter committee noticed a significant increase in the number of displaced families.





Shared kitchen at Bilqees Primary School for Girls

In response to the need of Balqis Primary School for Girls - which is considered the first school that opened its doors to study on January 6, 2024 after the cessation of bullets within the state - the Emergency Room and Health Centers - Nyala carried out a field visit to study the situation inside the school in order to take data and student numbers to determine the appropriate form of intervention, as the school was supported by the establishment of a common kitchen that provided a regular meal for a whole month. It is worth mentioning that many male and female students had stopped studying due to the financial situation of their families due to the circumstances resulting from the war, and after they learned about the

provision of a free meal, the journey back to resume their studies began. On the first day of the kitchen's operation, the number of female students reached 279 students, after five days the number reached 390 students, and at the end of the month the number of female students reached 577 students, all because of the provision of a free breakfast meal for these children. Balqees Primary School was a mixed school with 300 students, but due to the circumstances of the war and the destruction of a number of schools, the number of students increased to 500 students, after which girls and boys were separated.



A shared kitchen inside Khadija bint Khuwaylid Primary School

In ongoing attempts to continue schooling after the outbreak of the war, and to meet the needs of school education, the Emergency Room and Health Centers - Nyala supported a common kitchen inside Khadija Bint Khuwaylid Primary School by providing one meal (pasta) for a continuous month for 394 students. As a result of providing this meal: Connecting the social fabric, returning students

to school after a two-year interruption, and addressing the psychological state of the students, which included cooperation and assistance with the local community and the provision of psychosocial support. The main slogan of the Emergency Room and Health Centers - Nyala in providing shared kitchen services was: "Food for Education".

Tor Kulmi camp emergency room distributes 400 food baskets to IDPs in the camp

Tor Kulmi Camp April 10, 2025

As part of the ERR's efforts to alleviate the suffering of families in shelters and vulnerable groups within the camp, the Tor Kulmi camp emergency room in Zalingei locality implemented a project to distribute food baskets to 400 displaced families with the support of the Localization Hub organization within the framework of enhancing food security and supporting the most vulnerable groups. The project aimed to provide food to families affected

by displacement, support social stability, and promote community solidarity in light of humanitarian challenges.

The ERR's praised the efforts of the Central Darfur State Coordination Council and all those who contributed and supported the implementation of the project, calling for the importance of continuing cooperation and expanding the circle of food support.



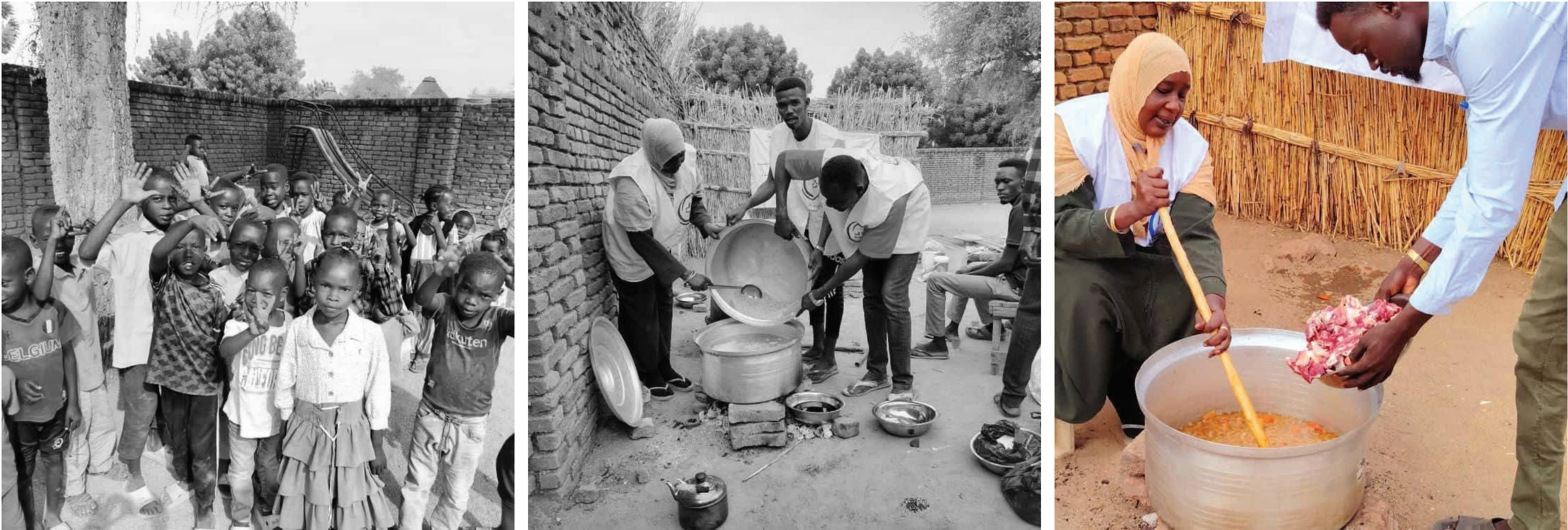
Fire consumes more than 140 houses in Mukjar locality, Central Darfur

Mukjar Local Emergency Room

The Mukjar Local Emergency Room appealed to humanitarian organizations, donors and all good people to urgently intervene to provide support to those affected by the fires that completely destroyed a number of citizens' homes in the city, noting that the fires have caused heavy losses in citizens' property, livestock and some human losses.

The head of the ERR's media office explained that the fire broke out as a result of an accidental accident while cooking food, and the flames quickly spread due to the nature

of the materials used in the construction of the houses, represented by primitive materials, which contributed to the rapid ignition of the fire and its spread to large areas, indicating that the fire resulted in the loss of lives. In addition to the death of large numbers of livestock and the burning of agricultural crops belonging to citizens, the fire also destroyed a large number of houses, estimated at about 150 houses, and called for the need to provide shelter, food and health care for those affected and work to prevent the recurrence of such disasters in the future by raising awareness and improving housing conditions.



Qarsala Emergency Room implements shared kitchen project for school students

Qarsala South Emergency Room April 7, 2025

The Qarsala South Emergency Room in Wadi Saleh locality, Central Darfur State, implemented a 14-day common kitchen project in Qarsala city schools with the support of the Darfur Emergency Rooms Coordination Council to improve the environment and enhance school nutrition. The project aimed to provide balanced meals for students,

which helps them improve their health and academic performance. The official of the ERR's media office pointed out that among the goals that the ERR aims to achieve through this project: Enhancing school attendance and reducing dropouts, noting that the implementation of the shared kitchen is an important step towards improving and stabilizing the school environment in Karsella locality.

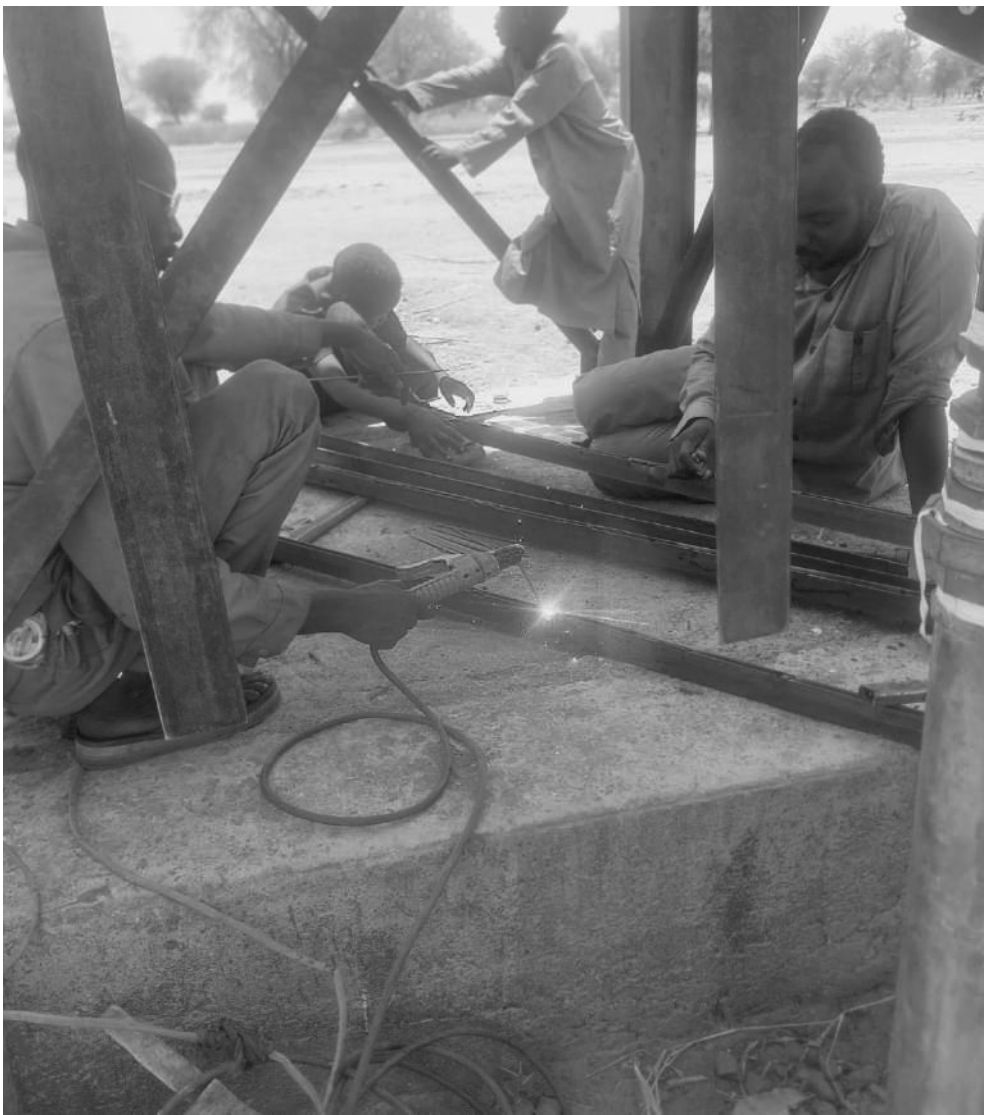


Rongtas Emergency Room implements a common kitchen for displaced children in schools

April 11, Rongtas Camp Emergency Room

With the aim of providing healthy and balanced meals for displaced children in Rongtas schools, the Rongtas Camp Emergency Room in Azum locality, Central Darfur state, continues to implement the common kitchen project, which is one of the programs that contribute to improving the health status of children, supporting their academic achievement, and easing the burdens on affected families.

The head of the Rooms Program Office pointed out that the project aims to provide healthy food for displaced children, reduce the economic burden on families and enhance the spirit of cooperation and community solidarity, praising the role of the Norwegian Refugee Council and the Central Darfur State Emergency Rooms Coordination Council for their generous support and effective cooperation in the success of this important humanitarian project.



Umm Dukhun emergency room completes maintenance of a number of water stations in the locality

Um Dukhun Local Emergency Room April 9, 2025

The Um Dukhun local emergency room completed the maintenance of a number of water stations in the locality, including the maintenance of the cistern of Al-Najoum neighborhood at the local headquarters, and the cistern of Surrey area in cooperation with the Water and Sanitation Authority in the locality, as part of the grant allocated for the maintenance of some water stations in the locality by the Darfur Emergency Rooms Coordination Council through the Norwegian Refugee Council (NRC). The project aims to provide drinking water suitable for

human consumption, meet the needs of the population for water for daily use and ensure its availability in the long term, in addition to the equitable distribution of water between different areas, adding that the stations that were maintained are important stations that hundreds of citizens rely on for drinking and watering their livestock.

The Um Dukhun Local Emergency Room appreciates the support provided by the Darfur Emergency Rooms Coordination Council through the Norwegian Refugee Council (NRC).

Kassala Youth Emergency Room implements an integrated treatment day in the Shabik area of the Atbara River

On Tuesday, April 7, 2025, the Kassala Youth Emergency Room carried out an integrated treatment day in the Shabik area of the Atbara River, with the participation of 21 medical and organizational staff, including doctors, laboratory technicians, pharmacists, nurses, and organizers. A total of 65 cases, including 10 children and 55 adults (30 women and 25 men), were examined, 35 laboratory tests were conducted, and 57 prescriptions were dispensed, including chronic conditions such as pressure, diabetes, respiratory crises, infections, and colds. A psychological support session was conducted for

5 women, and a children's entertainment program was organized that included face painting for 39 children and the distribution of sweets and cakes. More than 35 items of medicine were distributed, in addition to the delivery of baby bags containing essential items such as mosquito nets, mattresses, clothes, and care products.

Despite the challenges on the ground, including rough roads and vehicle breakdowns, good coordination and team spirit contributed to the success of the treatment day as part of the ERR's efforts to support affected communities.



Kassala Youth Emergency Room extends bridges of support to the Atbara River and New Halfa Volunteers create a miracle in the paths of patience

Kassala - April 2025

In a moment when need was stronger than all obstacles, and humanity was purer than all circumstances, the Kassala Youth Emergency Room drew the contours of a new story of solidarity, as volunteers intersected with the call of those affected, to carry food and medicine across long roads, and make bridges of hope out of challenges. Tuesday, April 8, 2025, was the date, when the Service Bureau convoy left Kassala city at exactly 7:00 am, heading to the Atbara River to support the Shabik camp kitchen, loaded with basic foodstuffs, namely:

33 sacks of rice, 6 cartons of sauce, 6 jerrycans of oil, 30 sacks of flour, 13 sacks of charcoal, 9 sacks of onions, 30 cartons of pasta, and 15 sacks of lentils.

However, the road was not paved with ease. A sudden breakdown due to a broken pole in the vehicle halted the journey for five hours in a rough area. But, as always, the will had the last word; three volunteers repaired the malfunction in a scene that reflects the spirit of

redemption and determination, and the convoy resumed and arrived at 1:00 am on Wednesday, April 9, loaded with gifts, delivering materials on time and igniting feelings of gratitude in the hearts of those in need. On the same day, the Health Office convoy set off for New Halfa at 10:00 am, on an equally important mission, loaded with a shipment of medicines and medical consumables, containing more than 30 vital pharmaceutical items, including:

Amidol, Cardex, Sodium Valporate, Azithromycin, Amaryl, Metformin, Vental Inhaler and others

Between the tide of food and the flow of medicine, the Kassala Youth Emergency Room was moving at a steady pace, defying the circumstances and establishing the contours of an elegant humanitarian response, led by sleepless hearts and restless consciences.

These are not just support convoys, but stories written about volunteers who carried Kassala in their hearts and went everywhere to emphasize that:



200 displaced families benefit from food aid provided by the Khashm Al-Qirba Emergency Room in partnership with CARE

As part of ongoing humanitarian efforts, the Khashm Al-Qirba Emergency Room implemented, on Sunday, April 13, 2025, a humanitarian aid distribution project in Khashm Al-Qirba locality, with the support of the British Agency and in partnership with CARE International. The project targeted 200 displaced families, where food baskets containing basic items were distributed: (flour,

lentils, salt, oil, onions), in a move aimed at alleviating suffering and strengthening the steadfastness of these families in light of the current humanitarian and economic challenges. The ERR emphasized that it will continue to implement more initiatives, based on its deep belief in the importance of community work and its role in supporting the most affected groups.



Kassala Youth Emergency Room Continues Building Its Democratic Experience... From the General Assembly to the Establishment of the State Council

Kassala, April 18, 2025

Over the course of five days of constructive dialogue and collective brainstorming, the Kassala Youth Emergency Room concluded the deliberative sessions of the General Assembly for the State Council, which were held from April 13 to 17, 2025, with qualitative participation from 20 volunteers representing 10 emergency rooms from various localities of the state. The sessions, which carried a high participatory spirit, aimed to establish the concepts of governance and organizational work, and to formulate the foundations upon which the structures of the State Council will be built. The sessions varied between theoretical and practical aspects, and each day came laden with a pivotal theme in the course of foundation:
Day One: Governance and Good Governance
Day Two: Organizational Work and Structures
Day Three: The Basic Law and the Tasks of the Executive Office
Day Four: Electoral Methods and Nomination Mechanisms
Day Five: Local Governance and Its Relation to the Work of the Emergency Rooms
The Kassala Youth Emergency Room continues its journey with a high sense of social responsibility, which is not

limited to providing humanitarian aid only, but extends to include establishing the concepts of democracy, enhancing transparency, and building institutional structures based on good governance. The Kassala Youth Emergency Room presents a lesson in willpower, and the youth prove that the future is made by faith in principles, collective work, and insistence on change. And despite the war and destruction, and two years having passed since the absurd war that tore the country apart, the youth of the Kassala Emergency Room are writing, with letters of light, the lines of their experience on the pages of history. In the midst of destruction, they raise the banner of hope and collective work and prove that the will to change is invincible, and that construction is possible even in the most difficult circumstances. And they declare that the Sudanese youth are capable of shaping their future with their own hands, no matter how fierce the storms. The Kassala Youth Emergency Room, despite the wounds, plants the seeds of democracy and establishes a great lesson: that war may destroy stone, but it cannot extinguish the will of a people determined to live and be free. From here the story begins... and from the womb of deliberation are born strong councils.

A Humanitarian Tragedy... and Displacement That Melts Hearts While Solidarity Efforts Light a Candle of Hope

Al Malha Locality... Kanana Emergency Room

In harsh conditions that shake humanity... the most beautiful stories of solidarity are written. Here, we shed light on the miserable humanitarian situation experienced by the citizens of Al Malha and the displaced people in the Kanana area, where a silent humanitarian tragedy is woven between hunger and fear, while the Kanana Emergency Room ignites a candle of hope through its communal kitchen.

With hearts filled with faith in human solidarity, the Kanana Emergency Room inaugurated the communal kitchen project on April 4, 2025, to paint, through its efforts, a portrait of giving and mutual support in the harshest circumstances, under the slogan: A meal that quenches hunger... and a hand that restores hope.

The communal kitchen extends to be a lifeline for 200 displaced children in Kanana, where food meals are provided that preserve dignity and bring back smiles.

The catastrophic humanitarian situation in Al Malha and the displacement areas are unbearable scenes — families struggling to survive amid a severe shortage of food and medicine, and children battling hunger and thirst under the burning sun. The mass displacement of hundreds of families fleeing the conflict to live in temporary shelters lacking the simplest requirements of a dignified life.

The Emergency Room provides meals to about 200 displaced people daily, with a special focus on children and the elderly. Psychological support and attempts to draw smiles on the faces of children through simple recreational activities between meals.

We are witnessing a humanitarian tragedy that wounds the heart, but we also see the most beautiful images of solidarity. Every meal we provide, every child we save from hunger, is a small victory in a big battle against suffering. But we need more... Al Malha is calling you!



Tawila Emergency Room Inaugurates 4 Kitchens at Tawila Al-Omda Camp

On April 17, the Tawila Emergency Room inaugurated four communal kitchens at the Tawila Al-Omda camp as part of the emergency response project, targeting 1,200 displaced families.

This project aims to alleviate the suffering of the displaced fleeing conflict areas and to provide them with nutritional

support. The camp's residents appreciated the efforts of the volunteers, their good intentions, and their dedication in serving the community, hoping that this project would contribute to improving the conditions of the displaced and providing them with a decent life.



Tkiyet Al-Qubba School in Al-Daein

providing an integrated food meal that targeted displaced people at Al-Qubba School south

With the support of the Helping Sudan Organization, and in a humanitarian gesture that expresses the spirit of solidarity and compassion, Tkiyet Al-Qubba School in Al-Daein, East Darfur, started its work by providing an integrated food meal that targeted displaced people at Al-Qubba School south of Al-Daein, with special focus on children and the most vulnerable groups such as widows and the elderly.

The Helping Sudan Organization continues its humanitarian efforts in providing support and assistance

to those affected by the conflicts in Sudan, especially in the most affected areas such as East Darfur. In a scene that reflects the meanings of mercy and giving, the school yard was filled with children's laughter and smiles on their small faces, in a rare moment of hope amid the harsh conditions they are going through. The meal was more than just food; it was a humanitarian message of love, support and belonging.

The Daein Humanitarian Emergency Room expressed its deep gratitude for these efforts.





Open communal kitchen continues for eighth day at Abu Matarak refugee camp

Tuesday, April 15, 2025

The Arabian Sea Humanitarian Emergency Room, through its open kitchen, continues to provide a full meal at the Abu Matarak refugee camp, where the meal mainly targeted children, women, the elderly and people with special needs. The mass kitchen is supported by the Norwegian Refugee Council (NRC), which continues its

humanitarian efforts to provide support and assistance to the most vulnerable and war-affected communities. The kitchen covers the needs of 1500 children and 635 displaced women.

The Arabian Sea Humanitarian Emergency Room expressed its thanks and gratitude to all its volunteers for their patience and sacrificing their time to help others.



Food basket distribution project for (200) families

Friday, April 11, 2025

The Um Libnaya Humanitarian Emergency Room in East Darfur State implemented a food basket project for 200 families with the support of CARE International, and the room targeted through the project the most vulnerable and fragile families in the village of Um Libnaya of Al Daein locality, and the food basket contained basic foodstuffs including: Flour, sugar, onions, oil, lentils, bread, millet and other items. The project came in response to the urgent food needs to alleviate the suffering of families in light of the lack of support and the lack of the basic necessities of life such as food and medicine due to the ongoing war in Sudan.





Babanusa emergency room supports a kitchen for eight days

There is no sadness here, but there are heroes, we are strong and we have hope

April 7, 2025

Al-Tukul (91)

As part of the Babanusa Emergency Room's continuous endeavor to alleviate the suffering of the citizens of Babanusa city, its countryside, administrative units and villages, who were affected by the hell of war and forced to be displaced, leaving behind their homes and everything they own, and in continuation of the (91st) day of the Babanusa Emergency Room's Al-Tukul initiative in

Um Jack village, the ERR implemented the Um Jack (2) common kitchen project for eight consecutive days. Al-Tukul is a common kitchen for the displaced people of Babanousa city, through which an iftar meal is served to the displaced people. In this regard, the ERR family extends its thanks and appreciation to all volunteer cadres of various specialties and donors.



Food baskets for those affected by the fires in Al Meiram locality

Within the framework of supporting the families affected by the fire that affected Al-Mirim locality on April 10, and with the generous support of some philanthropists, the emergency response and grassroots capacity building ERR in Al-Mirim locality distributed food aid to those affected by the fire in the form of food baskets that contained: 5 kilograms of sugar, 3 milliliters of millet, 2 milliliters of onions, and 2 bottles of oil. These baskets were delivered to the affected families by the ERR's field representatives in their homes. The ERR extended its sincere thanks and

appreciation to the brothers and entities that contributed to this good work, asking God to make it in the balance of their good deeds. Through community initiatives, the ERR of Emergency and Construction in Al Meiram local government seeks to provide support and assistance to communities affected by the war. The ERR works to respond quickly to emergencies and crises such as natural disasters, health crises, and social issues that require immediate intervention.



Report of a fire

in Al Rayyan neighborhood in Al Miram locality

Friday, April 11, 2025

The Emergency Room and Base Construction in Al-Mayram locality and the Red Crescent Society investigated the events of the fire that broke out on Thursday evening, April 10, 2025, in Al-Rayyan neighborhood, which caused the destruction of (4) houses, and resulted in great losses in buildings, furniture and food supplies without causing any damage to lives.

According to eyewitnesses, the fire came after a spark from one of the affected houses led to the outbreak of a large fire, where natural factors (wind) helped the flames to spread to the rest of the houses despite the attempts of residents and young people to extinguish them in time.

During his visit to the fire site, the coordinator of the Emergency and Construction ERR spoke about the ERR's obvious role in the process of surveying the damage and doing its full duty in cooperation with the local community, the brothers in the Red Crescent Society and all charitable sectors and organizations to stand with those affected. For his part, the representative of the Red Crescent Society appreciated the role of the emergency room and what it is doing, stressing that they will exert more efforts with their brothers in the room and reflect this disaster to the higher authorities in the Red Crescent

and emphasized his positive optimism to contribute to the affected families, God willing. In a step that reflects the values of solidarity and cohesion within the neighborhood, the youth played an active role through an initiative through which they collected a portion of local building materials and immediately started the process of partial construction of the damaged houses, in a move that emphasized the spirit of solidarity and cohesion of the youth within the neighborhood. Finally, the Minister of Construction expressed his support to the affected families and expressed his regret for the material damage caused to the families and made a direct appeal to the representative of the Red Crescent for urgent intervention as well as community efforts, charitable organizations and initiatives to do their duty to help the families who were damaged and lost many of their belongings, he also thanked the Emergency and Construction ERR for this kind initiative and thanked them for the increasing roles that the ERR plays towards the people of Al-Mayram locality.

The final inventory of the damage is currently underway and will be submitted to the charitable authorities to find the appropriate support and compensation for the affected families.

Call to protect the fundamental right of access to health care on World Health Day

April 7, 2025

East Nile Emergency Room

On World Health Day, the East Nile Emergency Room renews its call to protect the fundamental right to access health care, especially in areas affected by conflict and war, where access to health services has become a daily challenge for thousands.

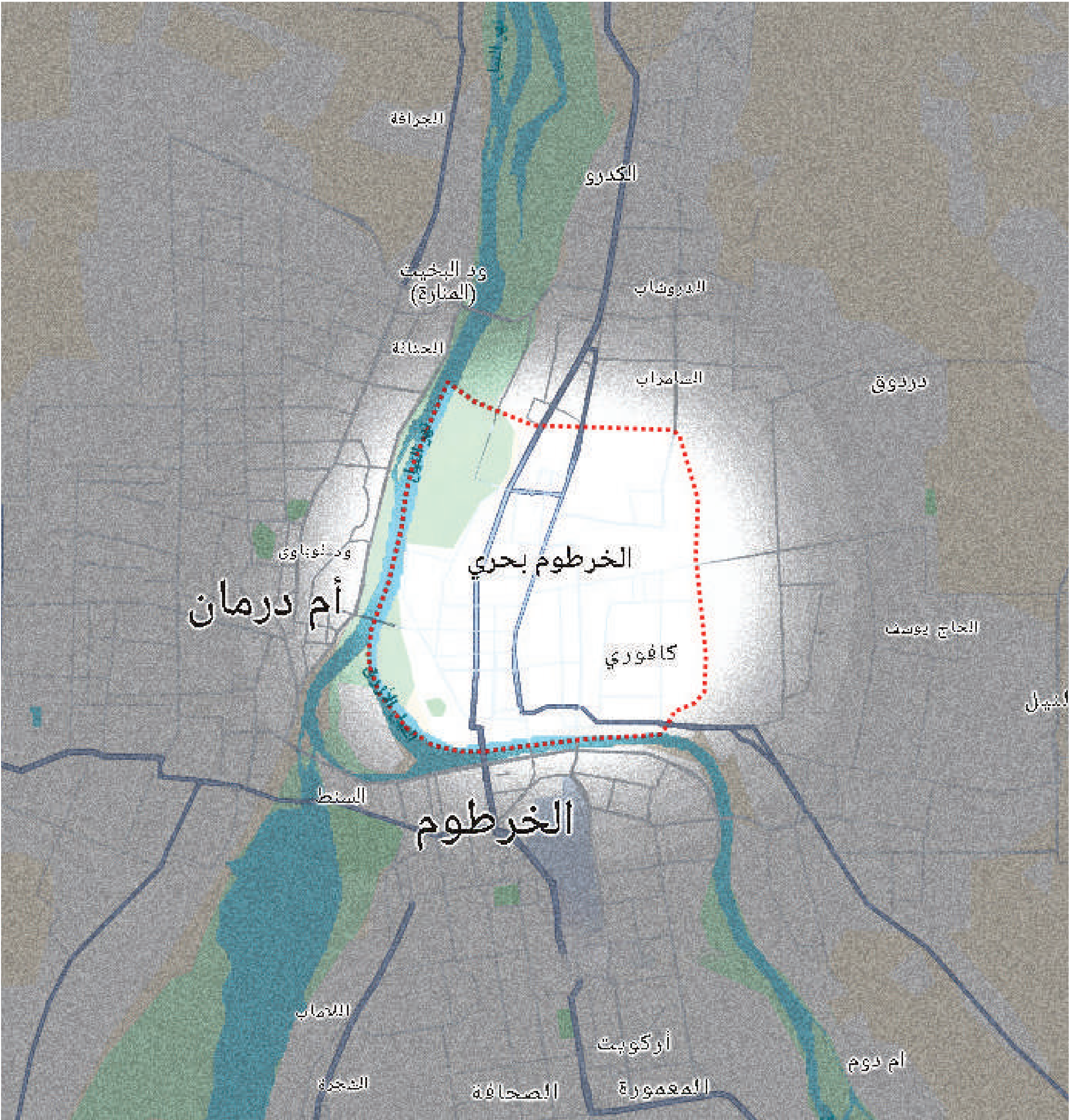
Health is not only the absence of disease, but includes the right to a clean environment, safe water, adequate food, and accessible medical services. In conflict zones, these challenges are compounded, and the need for urgent health support becomes a necessity that cannot be postponed.

We at the East Nile Emergency Room are working through our partners and local communities to support health centers, provide awareness, and strengthen the capacities of individuals to prevent and take care of themselves and their families, despite all the difficulties.

This day is not just an occasion, but a reminder of our collective duty to protect lives, advocate for the vulnerable, and empower communities to regain their health and voice.

Health is a collective responsibility, and awareness is the beginning of the road. With awareness and solidarity, we can open the door of hope in the face of war and pain.





Under the slogan “Mental Health is a Priority”, a psychiatric clinic in North Bahri City

April 25, 2025

We are pleased to announce the opening of a psychiatric clinic at Al-Fakki Hashim and Al-Jaaleen Health Center, north of Bahri City, under the supervision of the Bahri Emergency Room Psychological Support Team. This step comes as part of our efforts to provide psychological and therapeutic support services to individuals in our communities, especially in light of the challenges we face.

Clinic Services:

- Individual psychological counseling
- Therapeutic sessions to help individuals deal with psychological stress
- Psychological support for children and adolescents
- Mental health awareness programs
- Online consultations with a specialized psychiatrist

Our team is made up of professionals in the field of psychological support, committed to providing

high-quality care and building a safe and supportive environment for everyone.

Location:

United Villages - Al-Fakki Hashim and Al-Jaaliyin Health Center, North Rural Bahri City

Working hours:

Sunday to Wednesday, 9am to 3pm

To communicate and book sessions:

Contact : +249920047109

Whatsapp : +249919050370

Whatsapp : +201022754552

We are here to help you improve your mental health and quality of life. Feel free to visit us or contact us for more information with full confidentiality and privacy.

Psychosocial Support Team

Medical Office - Bahri Emergency Room

Bahri Emergency Room Media Office



Dengue fever awareness leaflets from Karri Emergency Room

Dengue fever is a viral infection that is transmitted to humans when they are bitten by infected mosquitoes. Almost half of the world's population is now at risk of contracting dengue fever, with an estimated 100-400 million infections occurring annually.

Dengue fever occurs in the world's tropical and subtropical climates, particularly in urban and peri-urban areas.

Although many dengue infections are asymptomatic or cause only mild illnesses, the disease virus can sometimes cause more severe conditions and even death.

Prevention and control of dengue depends on vector

control. There is no specific treatment for dengue/ severe dengue fever, but early detection of the infection and access to necessary medical care greatly reduces the mortality rates of severe dengue fever.

Overview:

Dengue fever (painful bone fever) is a mosquito-borne viral infection that is most common in tropical and subtropical climates. Most people who contract dengue fever are asymptomatic, but for those who do, the most common symptoms are high fever, headache, body aches, nausea and rash. Most patients improve within one to two weeks. In severe cases, dengue fever can be fatal. You can reduce your risk of getting dengue

by avoiding mosquito bites, especially during the day. Dengue fever is treated with painkillers as there is currently no specific treatment for dengue fever.

Symptoms of the disease:

Most people with dengue fever have mild or no symptoms and get better within one to two weeks. In rare cases, dengue fever can be severe and fatal.

If symptoms are present, they usually begin 4 to 10 days after infection and last for 2 to 7 days. Symptoms of the disease may include:

- High fever (40°C/104°F)
- severe headache
- Pain behind the eye sockets
- Muscle and joint pain
- Nausea
- Vomiting
- Swollen glands
- skin rash.
- Individuals with a second infection are at higher risk of developing severe dengue fever.
- Symptoms of severe dengue fever often appear after the fever has passed, and include

- Severe abdominal pain
- persistent vomiting
- Rapid breathing
- Bleeding gums or nose
- Fatigue
- restlessness
- Blood in your vomit or stool
- Feeling very thirsty
- Pale and cold skin
- feeling weak.
- People who develop these severe symptoms should seek care immediately.
- People with dengue fever may feel unwell for several weeks after recovering from the disease.

Diagnosis and treatment:

There is no specific treatment for dengue fever, and the focus is on treating the pain symptoms, although most cases of dengue fever can be treated at home with painkillers.

Acetaminophen (paracetamol) is often used to relieve pain. Non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and aspirin should be avoided as they can increase the risk of bleeding.





English version



نسخة عربية

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