

HOME CARE ADVICE LEAFLET FOR DENGUE PATIENTS

Front View

HOME CARE ADVICE FOR DENGUE PATIENTS

WHAT SHOULD BE DONE?

- Adequate bed rest
- Adequate fluid intake (more than 8 glasses or 2 litres for an average person).
 - Milk, fruit juice (caution with diabetes patient) and isotonic electrolyte solution (ORS) and barley water.
 - Plain water alone is not sufficient and may cause electrolyte imbalance.
- Take paracetamol (not more than 4 gram per day).
- Tepid sponging.
- If possible, use mosquito repellent or rest under a mosquito net even during day time to prevent mosquito bites.
- Look for mosquito breeding places in and around the home and eliminate them.

WHAT SHOULD BE AVOIDED?

- Do not take non steroidal anti-inflammatory (NSAIDS) eg. aspirin / mefenamic acid (ponstan) or steroids. If you are already taking these medications, please consult your doctor.
- Antibiotics are not required
- Do not take injection
- Do not do massage / cupping / quasa

Back View

THE DANGER SIGNS OF DENGUE INFECTION (IF ANY OF THESE ARE OBSERVED, PLEASE GO IMMEDIATELY TO THE NEAREST HOSPITAL / EMERGENCY DEPARTMENT)

1. Bleeding

for example :

- Red spots or patches on the skin
- Bleeding from nose or gums
- Vomiting blood
- Black coloured stools
- Heavy menstruation / vaginal bleeding

2. Frequent vomiting and/or diarrhoea

3. Abdominal pain / tenderness / diarrhoea

4. Drowsiness or irritability

5. Pale, cold or clammy skin

6. Difficulty in breathing

Adapted : CPG Management of Dengue Infection in Adults (Revised 2nd Edition), 2010