

## 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 5 glasses 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. (Nicaragua 2003, Level 8)
- 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) e.g. aspirin/mefenamic acid (ponstan) or steroids. If you are already taking these medications please consult your doctor.
- Antibiotics are not required

## Back View

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

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**
3. **Severe abdominal pain**
4. **Drowsiness or irritability**
5. **Pale, cold or clammy skin**
6. **Difficulty in breathing**

Adapted from <sup>66, Level 9; 9, Level 8</sup>

**DENGUE MONITORING RECORD**

<p style="text-align: center;"><b>DENGUE MONITORING RECORD</b></p> <p>Patient's Name : ..... I/C No. : .....</p> <p>Address : ..... Date of Onset of Fever : .....</p>								
Date	Temp (C)	BP (mm Hg)	PR (min)	HCT (%)	WCC (x10 <sup>3</sup> /µl)	Platelet (x10 <sup>3</sup> /µl)	Attending Clinic/Ref No.	Next Appointment