

Home Care for Dengue Patients

Disclaimer: This document is intended for informational purposes only and is not a substitute for a healthcare professional's clinical knowledge or professional judgement. This checklist is based on the guidelines provided in the WHO Handbook for Clinical Management of Dengue; please check and refer to your local treatment guidelines, which may differ.

DO Things to Encourage



- ✓ Make sure patient is on bed rest
- ✓ Give small amounts of fluids orally (coconut water, rice or barley water, milk; whatever is available)
- ✓ Give more than 5 glasses of fluids orally per day for adults
- ✓ Give ORS/soup/fruit juices (be careful with juice if patient has diabetes)
- ✓ Make sure patient is urinating at least 4-6 times a day
- ✓ Keep diary/record of fluid taken and times patient urinated (to share in follow-up with doctor)
- ✓ For high fever, give paracetamol (no more than 3-4 times in 24 hrs for children and 3g/day for adults)
- ✓ Sponge patient with lukewarm water if patient has fever
- ✓ Consult with doctor if patient already taking other medications
- ✓ Look for places around the home where mosquitoes may be and get rid of these

DO NOT Things to Avoid



- ✗ Do NOT give soda ("cold drinks" like cola or pop)
- ✗ Do NOT give aspirin (acetylsalicylic acid)
- ✗ Do NOT give ibuprofen
- ✗ Do NOT give NSAIDs (non-steroidal inflammatory agents)
- ✗ Do NOT give intramuscular injections
- ✗ Do NOT give Ponstan (mefenamic acid)
- ✗ Do NOT give too much plain water
- ✗ Do NOT give antibiotics (unnecessary unless already prescribed)

Warning Signs Reasons to Bring Back



- ✗ No improvement
- ✗ Severe abdominal pain
- ✗ Persistent vomiting
- ✗ Cold and clammy hands and feet
- ✗ Lethargy (feeling very tired)
- ✗ Irritability/restlessness
- ✗ Shortness of breath
- ✗ Not passing urine for more than 4-6 hrs
- ✗ Postural dizziness (e.g., feeling dizzy right after standing)
- ✗ Bleeding (black stools or vomiting that looks like coffee grounds, red patches or spots on skin, blood from gums or nose, heavy menstruation)

Reference: World Health Organization Handbook for Clinical Management of Dengue, 2012: <<https://apps.who.int/iris/handle/10665/76887>>. Accessed Feb. 21, 2022.

