

APPENDIX 9

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 patients) 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:

- **Extensive red spots or patches on the skin**
- **Excessive bleeding from nose or gums**
- **Black tarry stools**
- **Heavy menstruation / vaginal bleeding**

2. Frequent vomiting

3. Severe abdominal pain

4. Drowsiness or irritability

5. Pale, cold and clammy skin

6. Difficulty in breathing