

## ADVICES FOR INDIVIDUAL PREVENTATION

If one person has dengue fever, infected mosquitoes in or near your home could make other people sick.

- Advice to wear long sleeves
- Use mosquito net or mosquito repellent
- Avoid wearing dark color
- Limit out-door activities at dusk and dawn
- Take Bathing after you have good sweating from your body



There is no vaccine to prevent the dengue virus and no anti-virus drug is available to cure the dengue fever.

### Prevention of Dengue focuses mainly on Mosquito control

- Look for mosquito breeding places in and around the home and eliminate them



## HOME CARE ADVICES FOR DENGUE PATIENTS

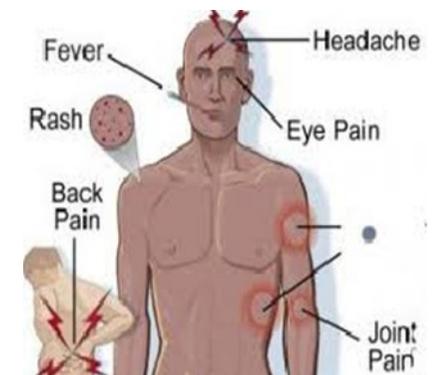
Your child or family member might have dengue. It is important for you to carefully watch them because dengue can be rapidly severe between 3<sup>rd</sup> and 7<sup>th</sup> day of illness especially when fever is going away. You must know symptoms, danger signs, Do and Don't for Dengue fever.

### A SUSPECT CASE OF DENGUE

You must have a fever with **two or more** following features:

- Severe headache
- Severe eye pain (behind eyes)
- Joint pain
- Muscle and/or bone pain
- Rash
- Mild bleeding manifestation (e.g., nose or gum bleed, petechiae, or easy bruising)
- Low white cell count and low platelet count in blood examination

### Dengue endemic/hot spot/Outbreak area



## HOW TO CARE SICK PATIENTS

### With Fever(not only dengue fever but also for others fever)

#### WHAT SHOULD BE DONE?

##### Bed rest

- Let sick patient rest as much as possible

##### Control high fever

- Tepid sponging
- Take paracetamol (not more than 4 gram per day)

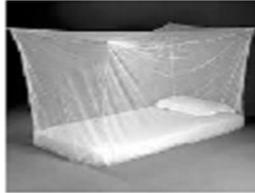
##### Prevent dehydration

- 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

##### Prevent spread of dengue inside your house

Mosquitoes that bite the affected person can go on to bite and infect others.

- Allow the sick person to rest and sleep under a **mosquito net** or use **insect repellent** while feverish even during day
- Kill all mosquitoes in the house and empty containers that carry water
- Please use screen on windows and doors to prevent mosquitoes from entering the house



### Don't forget follow up appointment of medical care

#### WHAT SHOULD BE AVOIDED?

- Do not take non-steroid anti-inflammatory(NSAID) e.g.aspirin/mefenamic acid(ponstan/pontalon). If you are already taking these medicine please consult your doctor
- Antibiotic are not required



### As Fever Goes Away

Watch for **Danger Signs** of Dengue Fever especially between day 3 and day 7 of dengue fever

Although the fever is going away, this phase of dengue can be dangerous for some patients.

- Watch for Danger signs as Temperature declines, 3-7 days after symptoms began.

Please go immediately to the clinic or Hospital if any of the following **Danger Signs** appear

1. **BLEEDING** (eg: **Red spots or patches on the skin/ bleeding from nose or gum/ Vomiting blood/ Black colour stools/ Heavy menstruation or Vaginal Bleeding**)
2. **Frequent vomiting**
3. **Severe abdominal pain**
4. **Drowsiness or irritability**
5. **Pale , cold or clammy skin**
6. **Difficulty in breathing**

