

# PAHO



Pan American  
Health  
Organization



World Health  
Organization  
REGIONAL OFFICE FOR THE  
Americas

## Guidance on messages about how to care for children with dengue fever at home

This document is for communicators at the Ministries of Health of PAHO Member States. Together with their national teams, they can adapt the information presented below so that it is appropriate to the needs in each country and each target audience. This information covers general aspects of home care for children with dengue

### **Any child under 1 year of age with suspected dengue should be hospitalized.**

If **symptoms** of dengue fever are suspected, the child should be taken to a doctor or to the nearest health unit. If the doctor says the child can be cared for at home, these recommendations should be followed:

1. The child should rest in bed for as long as symptoms last.
2. Have the child sleep or rest under a mosquito net while they have a fever in order to prevent mosquito bites and transmission of the disease to other household members.
3. The child should drink plenty of fluids (oral rehydration salts, water, juices, and soups).
4. Apply warm, damp cloths to the child's forehead to reduce fever.
5. Measure and record the child's temperature every 2–3 hours and show this information to the physician during the follow-up visit.
6. To control fever and/or pain, give the child paracetamol or metamizol (by mouth only), at the dosage indicated by the physician. The use of ibuprofen or acetylsalicylic acid (aspirin) is contraindicated.
7. Do not administer medications by rectal route or injection.
8. Patients with dengue can eat normal daily meals and should drink plenty of fluids.
9. Take your child to their medical follow-up appointment.

**If the child has a fever, take them immediately to the nearest health facility.**



## Unlike other diseases, dengue can worsen when the fever goes down or disappears

Young children cannot talk or express how they feel. It is therefore important to observe the child with dengue; if any of the following symptoms appear, take them immediately to the nearest health unit, since their life may be in danger:

1. Severe and continuous abdominal pain.
2. Dizziness or fainting.
3. Persistent vomiting.
4. Blood in gums, nose, vomit, stool, or urine.
5. Drowsiness.
6. Restlessness/irritability.
7. Swelling.
8. Seizures.
9. Hands or feet are pale, cold, or moist.
10. Shortness of breath or rapid breathing.
11. Very high fever (does not go down despite taking medication).
12. Not urinating for more than 6 hours.
13. If you notice that the child is worsening physically, listless, or very weak.

**Follow recommendations to prevent transmission of the dengue virus at home and in the neighborhood by eliminating mosquito breeding sites that transmit the disease. For more information, [see](#):**

