



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 dengue patients.

If dengue is suspected or if the first [symptoms](#) of dengue fever appear, visit a doctor or go to the nearest health unit. If the doctor says the patient can be cared for at home, follow these recommendations:

1. Rest in bed for as long as your symptoms last.
2. 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. Drink plenty of fluids (oral rehydration salts, water, juices, and soups).
4. Apply warm, damp cloths to the forehead to reduce fever.
5. Measure and record the 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 any medication by rectal route or injection.
8. Patients with dengue can eat normal daily meals and should drink plenty of fluids.
9. Go to your medical follow-up appointment.

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



If you have dengue fever and any of the following appear, go immediately to the nearest health unit, as your 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. Worsening physical condition, 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](#):

