

Dengue Outpatient Care: Short FAQ

Patient handout. Follow your doctor's instructions and attend scheduled blood tests.

1. Can dengue be managed at home?

Many dengue patients can be managed at home if they are drinking well, passing urine, alert, and have no warning signs. Dengue can worsen quickly, especially when the fever starts to settle.

2. What should I drink?

Drink small amounts frequently. Suitable fluids include water, oral rehydration salts, soup, milk, fruit juice, or isotonic drinks. Aim for pale urine and regular urination.

3. What medicine can I take for fever or body aches?

Use paracetamol/acetaminophen as directed. Avoid aspirin, ibuprofen, naproxen, diclofenac, and other NSAIDs because they can increase bleeding risk.

4. Do I need daily blood tests?

Usually yes, especially from day 3 of illness onwards until you are clearly improving and fever-free for 24-48 hours. Blood counts and haematocrit help detect worsening dengue.

5. When is dengue most dangerous?

Often when the fever starts to go away, usually around days 3-7. Warning signs commonly appear in the 24-48 hours after fever settles.

Go to hospital urgently if you develop any warning sign

• Severe abdominal pain	• Persistent vomiting
• Bleeding from nose or gums	• Vomiting blood, black stools, or blood in stool
• Extreme tiredness, drowsiness, confusion, or restlessness	• Breathlessness
• Dizziness or fainting	• Cold hands or feet
• Passing very little urine	

6. Should I force myself to eat?

No. Appetite often drops. Fluids are more important. Eat light meals if tolerated.

7. Can antibiotics treat dengue?

No. Dengue is caused by a virus. Antibiotics do not treat dengue unless your doctor suspects a separate bacterial infection.

8. How do I prevent spreading dengue at home?

Avoid mosquito bites during the first week of illness. Use repellent, wear long sleeves, sleep under a net if needed, and remove stagnant water around the house.

9. When can I return to normal activity?

Only when fever has settled, appetite and energy are improving, urine output is normal, and your doctor is satisfied that your blood counts are stable or recovering. Avoid strenuous activity until fully recovered.

This handout is for general education and does not replace medical assessment. Seek urgent care if warning signs occur.