

## **(C) BLEEDING PREVENTION & CONTROL**

- Rest in bed and reduce the risk of falls and injury to prevent unnecessary bleeding.
- Avoid intramuscular injections (injection directly into a muscle).
- Should you develop bleeding, bruises or swellings, please highlight them to the doctor or nurse immediately.

## **WHEN CAN I BE DISCHARGED?**

Once you start recovering from dengue and your platelet counts improve, your follow-up may be spaced out.

A full blood count test is then repeated to confirm that your platelet count and other blood parameters are back to normal. After which, you will be discharged from the clinic.

Blood tests to confirm normal blood parameters can also be done at the polyclinic or at your GP clinic.

## **Prevention of Dengue**

### **WHAT CAN I DO TO REDUCE THE CHANCES OF DENGUE INFECTION?**

1. The best prevention is getting rid of mosquito breeding places.
  - Aedes mosquitoes can breed in our houses. Items that are used to collect or store water (flower vase, plastic containers, buckets etc.) must be covered or drained empty
2. Reduce the risks of being bitten.
  - Use air conditioning and windows/doors with mosquito screens
  - Use mosquito repellents containing 20% to 30% DEET
3. Apply these precautions when travelling to other tropical destinations.

### **CAN I SPREAD DENGUE TO OTHERS?**

No, dengue is not transmitted by direct spread from one person to another. Dengue is transmitted by infected mosquito bites. Persons in the same area may come down with dengue fever if bitten by an infected mosquito.

### **CAN I BE INFECTED AGAIN?**

Yes, there are 4 known serotypes of dengue. Infection with one serotype will provide protection against only that particular serotype.

Future infection by other serotypes is possible, and the second infection may result in a more severe disease than the previous.

# **DENGUE FEVER**

## **WHAT YOU NEED TO KNOW (OUTPATIENT ADVISORY)**



**National Centre for  
Infectious Diseases**



## What is Dengue Fever?

Dengue fever is a disease caused by the dengue virus which is transmitted to humans by an infected Aedes mosquitoes. There are 4 serotypes of dengue virus, DEN-1 to DEN-4.

Dengue fever usually lasts between 2 – 7 days. Most people recover from dengue infection without requiring hospital admission.

## Symptoms of Dengue Fever

- Fever
- Headache with pain behind the eyes
- Muscle and joint aches
- Rash
- Mild bleeding tendency – from nose, gums or other parts of the body, or heavy menses
- Easy bruising from minor knocks and bumps
- Nausea and vomiting

## Risks of Dengue Fever

The risk of death from dengue is very low, about 1 in 500, to 1 in 1000.

However, dengue can cause low blood pressure and in rare cases may progress to severe dengue (dengue hemorrhagic fever or dengue shock syndrome).

Symptoms of serious complications may include:

- Major bleeding
- Low blood pressure or shock due to bleeding or leaking blood vessels
- Inflammation of the liver
- Inflammation of other organs e.g. heart or brain (rare)

## WARNING SIGNS OF SEVERE DENGUE

**If you develop any of these warning signs, please inform our doctors IMMEDIATELY:**

- Severe abdominal pain
- Persistent vomiting
- Vomiting blood
- Black, tarry stools
- Bleeding from nose or gums
- Drowsiness or irritability
- Pale, cold, or clammy skin
- Difficulty breathing

## Assessment at Outpatient Clinic

Depending on the stage of your dengue, our doctors and nurses will do clinical assessments and blood tests at regular intervals.

Patients may undergo the following tests during their clinic visit:

- Full blood count test – to assess haematocrit (blood concentration), platelet count and white blood cells
- Dengue diagnostic tests – to confirm the diagnosis of dengue
- Kidney and liver tests – to check for dehydration, kidney and liver function
- Miscellaneous tests – based on your condition, other tests may be conducted so as not to miss out any other infections

## Home Care for Dengue Fever

There are no antibiotics or anti-viral medications to treat dengue fever. Treatment includes rest and close follow-up with a doctor to monitor your condition.

The main components to managing dengue fever are:

### (A) FLUID & ELECTROLYTE REPLACEMENT

- Drink plenty of fluids (water, isotonic drinks, fruit juices and soup) to maintain hydration
- Ensure a good volume of urine passed each day (approximately 1-2 litres per day) as a guide to adequate hydration

### (B) SYMPTOM RELIEF & FEVER CONTROL

- Use painkillers (e.g. paracetamol) to relieve pain and control fever.
- Avoid aspirin and other anti-inflammatory drugs such as Brufen® (ibuprofen), Voltaren® (diclofenac), Synflex® (naproxen) or Ponstan® (mefenamic acid) as they may cause gastric ulcers and subsequent bleeding, and worsen platelet function. If in doubt, please consult your doctor.
- Medications may be prescribed to reduce itching. Rash will usually resolve over 2 to 3 weeks.
- Medications may also be given for nausea and vomiting.