

Management of Dengue in Primary Health Care (WHO/SEARO 2023 – adapted)

Table 1. Indications for Home Care (Domiciliary Management)

Patients can be managed at home if ALL of the following are true:
- No tachycardia
- No hypotension
- No narrowing of pulse pressure
- No bleeding
- No evidence of hemoconcentration
- Platelet count > 100,000 / cu mm

Table 2. Home Care / Supportive Measures & Monitoring

Supportive Measures
- Symptomatic & supportive care
- Bed rest during febrile phase
- Tepid sponging for fever
- Antipyretics: Paracetamol 500 mg/dose (max 4 g/day)
- Avoid aspirin / ibuprofen
- Encourage oral fluids (ORS, soups, fruit juice, water)
- Avoid commercial sugary drinks (>5% sugar content)
Monitoring at Home
- Urine output \geq 4–6 times/day
- Record daily fluid intake and urine output
- Monitor for warning signs (see Table 3)
- Return immediately if unable to drink, vomiting persists, or urine absent for 12 hrs
- Avoid intramuscular injections

Table 3. Warning / Alarm Signs – Admission Needed

- Bleeding (skin, stool, urine, nose, gums, menorrhagia)
- Severe abdominal pain
- Persistent vomiting
- Inability / refusal to feed
- Not passing urine for 12 hrs
- Restlessness, seizures, excessive crying (in infants), altered sensorium

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| - Severe persistent headache |
| - Cold, clammy skin, sudden drop in temperature |

Table 4. Signs of Recovery

- Stable pulse, BP, and respiratory rate
- Temperature normal
- No external or internal bleeding
- Appetite returning
- No vomiting, no abdominal pain
- Good urinary output
- Hematocrit stable at baseline
- Convalescent rash (itchy, confluent, esp. on extremities)