

Paracetamol Use in Dengue

Visual Clinical Guide

1 The Core Rule: Treatment, Not Prevention

✗ DON'T: Use for Prevention

No evidence that paracetamol prevents dengue infection. Prevention relies on mosquito bite avoidance and vector control.

✓ DO: Use for Symptom Treatment

Paracetamol is the **recommended first-line drug** for managing fever and pain in dengue.

2 Safe Dosing is Critical

👤 Adults

<3g/day

Keep total daily dose below 3 grams

👶 Children

10-15 mg/kg

Dose by weight per dose

⚠️ Critical Warning

High cumulative doses (**>8g total**) are strongly associated with increased risk of liver injury.

3 Know the Risks & Drug Comparisons

🔴 Primary Risk: Hepatotoxicity

Dose-dependent liver injury is the main concern. Higher risk in patients with pre-existing liver disease or chronic alcohol use.

Paracetamol

✓ RECOMMENDED

Lower bleeding risk compared to other analgesics

Aspirin

✗ CONTRAINDICATED

Increases bleeding risk; associated with Reye syndrome in children

NSAIDs (Ibuprofen, etc.)

⚠️ GENERALLY DISCOURAGED

Can increase bleeding risk in dengue patients

4 Emergency Escalation Criteria

WHO Warning Signs – Seek immediate medical attention if any develop:



Severe abdominal pain



Persistent vomiting



Bleeding gums



Rapid breathing



Fatigue/restlessness



Blood in vomit or stool



Pale and cold skin