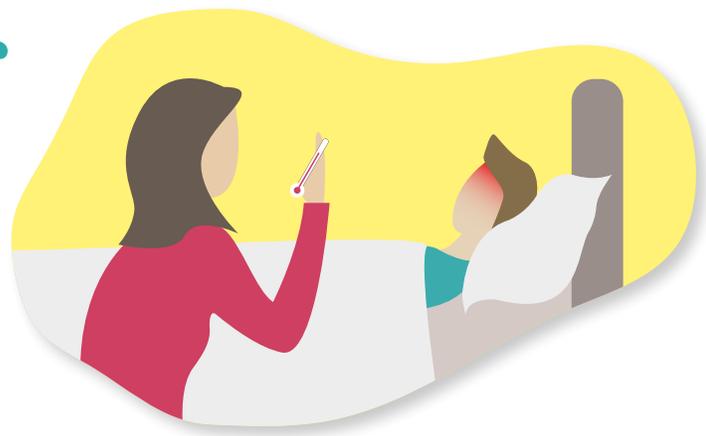


# Caring for a Child or Family Member Sick with Dengue



There is no medicine to treat dengue. Symptoms of dengue can be mild or severe. Mild symptoms can be treated at home.

## Treat Mild Symptoms at Home

- **Rest as much as possible**
- **Control fever**

- Give acetaminophen (also known as paracetamol) to control fever and relieve pain. Always follow product label instructions. Do not give ibuprofen, aspirin, or aspirin-containing drugs.
- Sponge the person's skin with cool water to reduce fever.



- **Prevent dehydration** – Dehydration occurs when a person loses too much body fluid from fever, vomiting, or not drinking enough fluids.

### Signs of mild to moderate dehydration

Babies and Children	Adults
Urinate less frequently <i>(less than 6 wet diapers per day)</i>	Thirst, dry or sticky mouth
Dry mouth, tongue, lips	Not peeing very much, dark yellow pee
Few or no tears when crying	Dry, cool skin
Sunken soft spot of the head	Headache
<b>What to do:</b> Talk to your healthcare provider. Provide fluids such as water, juice, milk, or drinks with added electrolytes.	

### Signs of severe dehydration

Babies and Children	Adults
Sleepiness, lack of energy, very fussy	Not peeing, dark yellow pee
Sunken eyes	Feeling dizzy, sleepy, no energy, confused, or irritable
Cool, discolored hands or feet	Rapid heart rate, breathing
Urinate 1-2 times per day	Sunken eyes
<b>What to do:</b> Go to an urgent care clinic or the emergency room immediately.	



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention

## As Fever Goes Away

### Watch for warning signs

Although the fever has gone away, the next phase of dengue can be dangerous for some people. Warning signs generally begin in the 24-48 hours after the fever has gone away.

About 1 in 20 people with dengue will develop severe dengue. Severe dengue requires hospitalization and can be life threatening.

**If you or a family member develop any of the following warning signs, go to an urgent care clinic or the emergency room immediately:**

- Stomach or belly pain, tenderness
- Vomiting (at least 3 times in 24 hours)
- Bleeding from the nose or gums
- Vomiting blood, or blood in the stool
- Feeling tired, restless, or irritable
- Cold clammy skin
- Difficulty breathing



**Severe dengue is a medical emergency and requires immediate medical attention or hospitalization.**

## If You Have Dengue, Protect Others

During the first week of infection, dengue virus is found in the blood of an infected person. If a mosquito bites an infected person, the mosquito becomes infected. The infected mosquito can spread the virus to other people through bites. Avoid mosquito bites indoors to keep family from getting dengue.

- Wear long-sleeved shirts and long pants.
- Keep mosquitoes outside: Use screens on windows and doors.
- Use air conditioning if available.
- Use Environmental Protection Agency (EPA)-registered insect repellent.

### EPA-registered active ingredients

Higher percentages of active ingredient provide longer protection

DEET

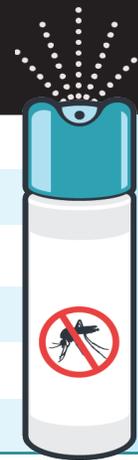
Picaridin (known as KBR and icaridin outside the US)

IR3535

Oil of lemon eucalyptus (OLE)

Para-menthane-diol (PMD)

2-undecanone



Find the insect repellent that's right for you by using EPA's search tool\*.

\*The EPA's search tool is available at: [www.epa.gov/insect-repellents/find-insect-repellent-right-you](http://www.epa.gov/insect-repellents/find-insect-repellent-right-you)

For more information, visit: [www.cdc.gov/dengue](http://www.cdc.gov/dengue)