

## WHAT IS DENGUE FEVER?

Dengue fever is an illness caused by an infection with a virus transmitted by the Aedes mosquito. There are four serotypes categorised under the dengue virus, which can infect a person.

## WHAT ARE SOME OF THE SIGNS AND SYMPTOMS OF DENGUE FEVER?

- Fatigue
- Fresh blood in urine or stools
- High and prolonged fever (usually lasts for five to seven days)
- Increased menstrual bleeding
- Muscle and joint pain
- Nausea
- Pain in the eye socket
- Rashes
- Severe abdominal pain
- Severe headache
- Sticky black stools
- Unable to drink water or any liquid
- Vomiting of blood

### Seek immediate medical attention if you develop:

- Persistent vomiting with inability to retain feeds.
- Severe abdominal pain
- Sweating with cold, clammy hands and feet
- Bleeding
  - Blood in urine
  - Coughing out blood
  - Heavy or increased menses
  - Passing out blood in faeces, or passing out black coloured sticky faeces
  - Vomiting blood
- Fainting or near fainting, persistent dizziness, rapid heart rate
- Persistent fever  $> 3 - 4$  days or persistently  $> 39^{\circ}\text{C}$
- No urine output  $> 6$  hrs

### CAN DENGUE FEVER BE TREATED?

There is no specific treatment for dengue fever. The following are some advice in managing dengue fever:

- Avoid anti-inflammatory drugs eg Brufen or Nurofen (Ibuprofen), Voltaren (Diclofenac), Synflex (Naproxen)/ Ponstan (Mefanamic Acid)
- Avoid contact sport to prevent injuries that lead to bleeding
- Avoid medication which contains aspirin
- Drink enough water to prevent dehydration
- Get ample rest
- Inform the doctor or nurse when the gum bleeds and/or bruises are experienced after a mosquito bite
- Protect the family from mosquito bites (e.g. use mosquito repellent or mosquito coils to fend off mosquitoes)
- Seek immediate medical advice if the patient experiences the symptoms of dengue fever after being bitten by a mosquito.
- Daily follow-up by your doctor unless informed otherwise