

What should I do if someone in my house has Dengue?

How can I care for someone with Dengue?

- Encourage plenty of fluids (water, soup, coconut water).
- Give paracetamol for fever (avoid aspirin or ibuprofen).
- Ensure rest and monitor for warning signs (severe pain, vomiting, bleeding, tiredness).
- Go to the clinic or hospital immediately if symptoms worsen.



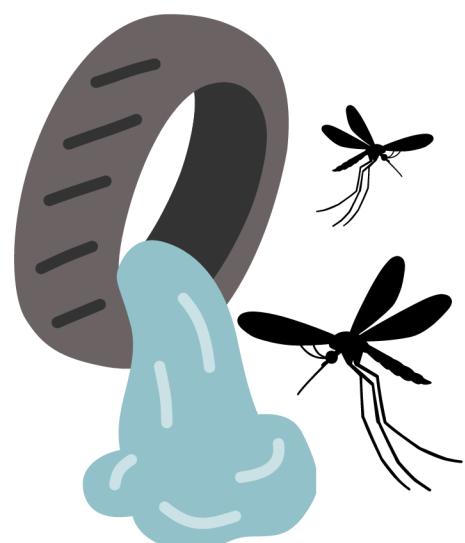
How can I stop Mosquito Bites?



- Have the sick person sleep under a mosquito net (day and night).
- Use mosquito spray, coils, or plug-ins inside rooms. Have everyone apply mosquito repellent, especially mornings and late afternoons.
- Keep windows and doors closed or use screens where possible

How can I eliminate Mosquito Breeding Sites

- Empty, scrub, or cover all water containers (buckets, vases, drums).
- Change water in flower vases every 1–2 days.
- Turn over unused containers that can collect rainwater.
- Pour motor or cooking oil over or tyres that can collect rainwater
- Clear gutters and drains so water doesn't sit.



How can I protect the whole Family

- Everyone in the house uses repellent daily.
- Wear light-colored, long-sleeved clothing to reduce bites.
- Keep home surroundings clean and dry

What do I need to do if I am not sick but my family member I live with has dengue?

- You do not need to isolate.
- You can go to work or school.
- Continue mosquito prevention at home and monitor your health for 10–14 days