

**EFFORTS TO INCREASE KNOWLEDGE OF THE CONSUMPTION DATE
JUICE TO INCREASE PLATELETS OF DHF PATIENTS THROUGH THE
BOOKLET**

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SUMMARY

Background; *Continuous decrease platelets in DHF sufferers can cause bleeding. DHF sufferers with bleeding manifestations have a risk of death 3-4 times greater than patients without bleeding manifestations. Sukoharjo Regency in 2020 there were 131 cases of DHF and 4 of them died. Supportive therapy is needed to accelerate the increase in platelet levels of DHF sufferers to speed up the recovery process. Supportive therapy with date juice has been shown to accelerate the increase in platelets. Consuming 300 ml of date juice every day for 3 consecutive days can increase platelet levels from 80,750 / μ L to 134,959 / μ L.*
Method; *The importance of information regarding the consumption of date juice to increase platelets in DHF sufferers is then circulated in the form of a booklet that contains information about the consumption of date juice.*
Result; *The title of this educational media is "Jus Kurma Untuk Meningkatkan Trombosit pada Penderita Demam Berdarah".*
Conclusion; *Booklets on the consumption of date juice to increase platelets in DHF recipients can be a source of information and health knowledge for the public, especially for DHF sufferers who have decreased platelets.*

Keywords: *DHF, platelet, date, juice, booklets*