

# HOW TO PREVENT IT!

Prevention and control relies on reducing the breeding of *Aedes* mosquitoes and minimizing contact between mosquito vectors and people.



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# ZIKA VIRUS

Zika is a virus transmitted by the *Aedes aegypti*, the same mosquito that transmits dengue, yellow fever and chikungunya

## SYMPTOMS:

- ✓ Mild fever
- ✓ Skin rash
- ✓ Muscle / joint pain
- ✓ Malaise
- ✓ Headache
- ✓ Conjunctivitis (red eye)



## WHAT TO DO IF SYMPTOMS APPEAR?

- Treatment consists of relieving pain and fever and any other symptoms that bother the patient
- Take plenty of fluids
- Sleep under the mosquito net
- Wear clothes that cover your arm and legs

If the symptoms develop especially in a pregnant lady, seek medical attention immediately as your pregnancy could be at risk.

- ✚ ***Onset is generally two to seven days after being bitten by Aedes Aegypti mosquito***
- ✚ ***One in four people infected with Zika develop symptoms***
- ✚ ***A very small proportion of people may suffer complication after contracting the virus***

## PREVENTION:

1. Eliminate breeding sites: flower pots, old tires, bottles and any other containers that mosquito can breed.
2. *Use insecticide-treated mosquito screens or curtains to cover windows and doors. Sleep in a place protected by mosquito nets.*
3. Cover all household water tanks and containers to ensure that mosquitoes cannot get into them.
4. Wear long-sleeves long trousers and hats.
5. Prevent accumulation of rubbish, disposing of it in sealed plastic bags and covered bins.
6. Use insect repellents recommended by the health authorities.
7. Keep drains clear to prevent stagnant water from accumulating.
8. Avoid doing outdoor activities during peak biting times of *Aedes* mosquitoes, a few hours after dawn and before dusk.

## LIST OF COUNTRIES AFFECTED BY ZIKA VIRUS:

1. Barbados
2. Bolivia
3. Brazil
4. Colombia
5. Dominican Republic
6. Ecuador
7. El Salvador
8. French Guiana
9. Guadeloupe
10. Guatemala
11. Guyana
12. Honduras
13. Martinique
14. Mexico
15. Panama
16. Paraguay
17. Puerto Rico
18. Saint Martin
19. Suriname
20. US Virgin Islands
21. Venezuela
22. Haiti
23. Nicaragua
24. Samoa
25. Costa Rica
26. Jamaica