

ZIKA VIRUS



ZIKA IS A VIRUS TRANSMITTED BY THE *Aedes Aegypti*, THE SAME MOSQUITO THAT TRANSMITS DENGUE AND CHIKUNGUNYA.

SYMPTOMS

- Mild fever
- Skin rash
- Conjunctivitis
- Headache and joint pain

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.
- Do not self-medicate.
- Have plenty of rest and sleep under a mosquito net.
- Wear clothes that cover your arms and legs.
- If the symptoms worsen or other complications develop, seek medical attention immediately.
- **If you are pregnant and have symptoms, seek medical attention immediately, as your pregnancy could be at risk.**



Onset is generally **two to seven** days after being bitten by an *Aedes Aegypti* mosquito



One in four people infected with Zika develop symptoms



A very small proportion of people may suffer complications after contracting the virus



- There is no **vaccine** against the virus

HOW TO PREVENT IT

Controlling the breeding sites of *Aedes Aegypti* mosquitoes reduces the risk of Zika, chikungunya or dengue virus infection.



Eliminate breeding sites such as flower pots, old tires, bottles and any other recipients where water can accumulate.



Cover all household water tanks and containers to ensure that mosquitoes cannot get into them.



Prevent the accumulation of **rubbish, disposing of it in sealed plastic bags** and covered bins.



Keep drains clear to prevent stagnant water from accumulating.



Use insecticide-treated mosquito screens or curtains to cover windows and doors. Sleep in a place protected by mosquito nets.



Wear long-sleeves, long trousers and hats.



Use insect **repellents** recommended by the health authorities.



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