

## PRIMARY PREVENTION

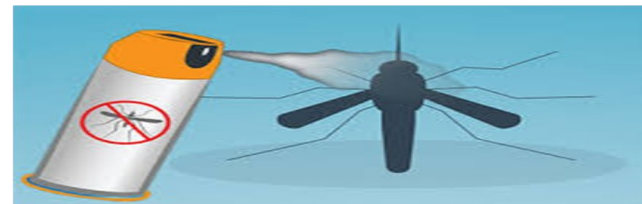
-PREVENT MOSQUITO BITES



-Avoid doing outdoor activities during Peak biting times of the Aedes mosquitoes, i.e. a few hours after dawn and before dusk.

-These precautions do not only reduce risk of Zika but also dengue, yellow fever and Chikungunya.

-Individuals travelling in or returning from Zika virus affected countries\* presenting with the following symptoms within 7 days of travel, should seek medical advice immediately.



For more information

Call 04-9885068

UniMAP HEALTH CENTRE



UniMAP HEALTH CENTRE

## ZIKA VIRUS INFECTIONS



FIGHT AND DESTROY AEDES

NO ZIKA.....

NO DENGUE.....

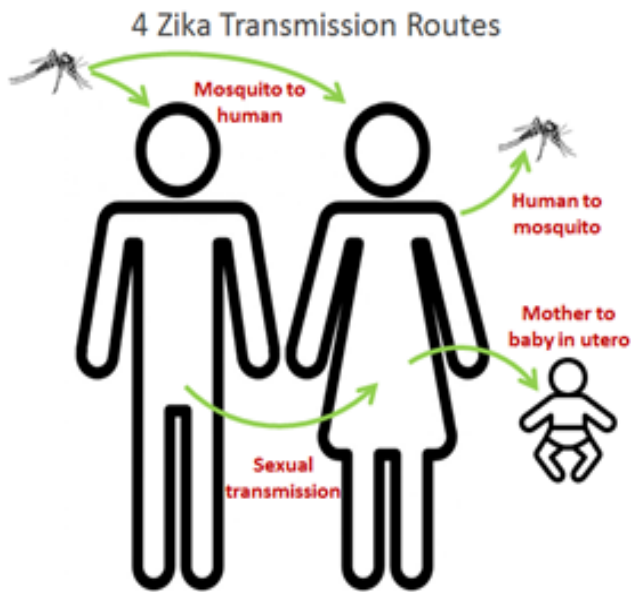
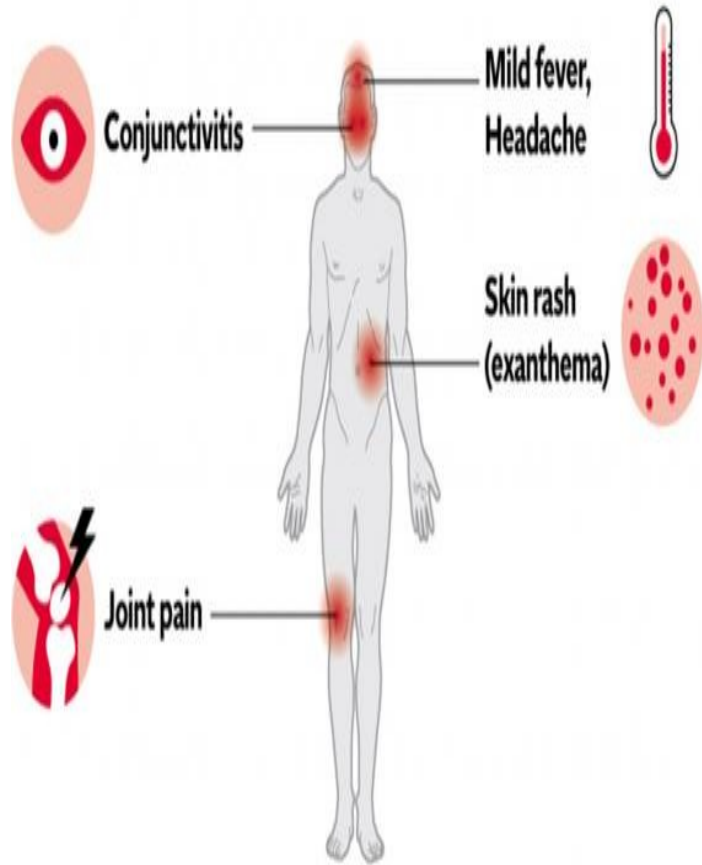
NO CHIKUNGUNYA.....

# What is Zika Virus?

The Zika virus got its name from Zika forest in Uganda, Africa. It was first detected in Rhesus monkey in 1947 and was reported in Humans in 1952. It is transmitted by the *Aedes Aegypti* mosquito, which is also responsible for the spread of dengue and chikungunya.



# Symptoms of Zika Virus Infection



Symptoms normally last for 2-7 days

Only 1 in 4 people show any symptoms at all

# Treatments of Zika Virus

No specific vaccines or medications are available Still you can go for these medications and tips to relive symptoms.

- Drink lot of fluids to prevent dehydration.
- To relive fever and pain take medicines like paracetamol or acetaminophen.
- During the first week of infection, Zika virus is present in blood and can be passed from an infected person to another mosquito through mosquito bite so; avoid mosquito bites in first week of illness.
- Before taking any additional medicine, consult your doctor.

### TREATMENT

- No vaccine or specific drug available
- Symptomatic treatment includes high intake of fluid, bed rest and medicines for pain relief
- Visit doctor for proper advice
- Do not consume aspirin and non-steroidal anti-inflammatory drugs