How can I protect my community?

*Aedes* mosquitoes live in a wide range of habitats across the island. Standing water is needed for mosquito eggs to develop into adults. Preventing standing water prevents *Aedes* mosquitoes.

Standing water can collect in tires, flower pots, cans, wading pools, drain pipes, and any other open containers. Cover drums and other water storage containers, put larvivorous fish in water storage containers such as cisterns, barrels, drum and tanks, screen cistern overflows, close windows and doors to keep mosquitoes out.

Take advantage of the Environmental Health Unit’s free bulky waste removal service, larvivorous fish and larvicide or (abate) for use in non-drinking water containers. Please contact them at (264)497-2631

Developed by
Health Promotion Unit

FOR MORE INFORMATION
ABOUT
ZIKA, DENGUE & CHIKUNGUNYA

CONTACT:

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Environmental Health Unit
Tel: (264)497-2631
ZIKA, DENGUE & CHIKUNGA VIRUSES

Aside from being itchy and annoying, the bite of an infected female mosquito (Aedes aegypti or Aedes albopictus) can spread Zika, Chikungunya and Dengue viruses. Female mosquitoes lay several hundred eggs on the walls of water-filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week. Adult mosquitoes live inside and outside the home.

A few infected mosquitoes can produce large outbreaks in a community and put your family at risk of becoming sick.

What are the symptoms of Zika?

1 in 4 people with Zika infection develop symptoms.

Those that develop symptoms usually begin 3—7 days after being bitten by an infected mosquito. These symptoms include:

- Fever
- Joint pain
- Rash
- Red eyes
- Muscle pain,
- Headache,
- Pain behind the eyes
- Vomiting

What are the symptoms of ChikV?

Symptoms usually begin 3 – 7 days after being bitten by an infected mosquito.

- Fever
- Severe joint pain mainly in arms and legs
- Rash (50% of cases)
- Muscle pain
- Back pain
- Headache,
- Joint swelling

What are the Symptoms of Dengue?

The most common symptoms of dengue are fever and one or more of the following symptoms:

- Headache
- Eye pain (typically behind the eyes)
- Muscle, joint, or bone pain
- Rash
- Nausea and vomiting
- Unusual bleeding
- Severe dengue (signs & symptoms can develop 24–48 hours after fever stops
- Shock
- Internal bleeding
- Death

Severe dengue:

- Severe stomach pain or vomiting (about 3 times vomiting within 24 hrs.)
- Bleeding from the nose or gums
- Vomiting blood
- Blood in the stool
- Drowsiness or irritability;
- Pale
- Cold, or clammy skin
- Difficulty breathing.

How are Zika, Dengue & ChikV treated?

There are no specific medicines for these viruses. However, using paracetamol may help relieve pain (do not use drugs such as celebrex, aspirin or advil). Consult a health care provider.

How can I avoid becoming infected?

AVOID MOSQUITO BITES! The following will help to reduce your chances of being bitten:

- Wear long-sleeved shirts and long pants.
- Use mosquito repellent on exposed skin including: Picaridin, IR3535 and oil of lemon eucalyptus. (especially early morning and late evening hours)
- Use mosquito bed nets and ensure window/door screens are intact.
- Use A/C when available to make households less hospitable to mosquitoes

Warning for pregnant women:

Due to investigations into a link between Zika virus infection and increases in microcephaly, pregnant women in particular should avoid mosquito bites. Microcephaly is a condition where an infant's head is smaller than normal because of slowed or incomplete brain development.