Zika is a viral disease caused by the bite of the Aedes aegypti and Aedes albopictus mosquitoes. (the same mosquito which transmits Dengue and Chikungunya)

It originated in the Zika forest of Uganda, Africa. This emerging disease is new to the Americas and the Caribbean.

WHAT ARE THE SIGNS AND SYMPTOMS?

The symptoms of Zika virus infection are similar to those of Dengue and Chikungunya.

- Bloodshoot eye
- Rash
- Mild fever
- Headaches
- Swollen Lymph Node in Neck
- Red Palms/Soles Swollen Hands/Feet

Some patients may also experience vomiting, diarrhoea or abdominal pain. Unlike Chikungunya and Dengue, ZIKA CAN AFFECT THE UNBORN CHILD CAUSING BABIES TO BE BORN WITH ABNORMALLY SMALL HEADS.

Symptoms usually appear after the incubation period of 3-12 days following the bite of an infected mosquito. It can last from 4-7 days.

HOW CAN ZIKA BE PREVENTED?

Get rid of mosquito breeding sites by:

- Inspecting your homes and yards weekly and destroying breeding sites.
- Covering your water drums and barrels tightly.
- Getting rid of water in flower vases, old tyres, and other containers that may act as breeding sites.

HOW IS IT SPREAD?

The Zika virus is spread through:

- The bite of an infected Aedes-Aegypti mosquito
- Blood transfusion
- Mother to child transmission
- Sexual transmission

PROTECT YOURSELF FROM MOSQUITO BITES

- Use insect repellants as directed by the product label
- Sleep under a mosquito bed net
- Wear long-sleeved shirts and long pants
- Use air conditioning or window/door screens to keep mosquitoes out

"AVOID MOSQUITO BITES, AVOID ZIKA"

IF YOU SUSPECT SYMPTOMS OF ZIKA, CONTACT YOUR HEALTHCARE PROVIDER OR HEALTH CENTRE

MINISTRY OF HEALTH AND ENVIRONMENT – DOMINICA

FOR MORE INFORMATION CONTACT
ENVIRONMENTAL HEALTH DEPARTMENT
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