Reduce the Source

1. Tightly cover water drums, barrels, tanks, cisterns and septic tanks
2. Safely dispose of buckets, old tyres, and any other unused containers and objects that hold water
3. Scrub the inside of pet containers, flower vases, and dish drainers every other day
4. Remove water from flower pot saucers and replace with damp sand
5. Overtake buckets, watering cans, wheel barrows and other containers and store them in a sheltered place
6. Adequately treat swimming pools and discard water from portable pools
7. Check roof gutters for chokes regularly
8. Fill up exposed tree holes, plants axils, and ground depressions with sand
9. If you are going for a holiday, empty toilet bowls and tanks and cover gully traps

Mosquito Alert!

Eliminate Breeding Today.

Keep Mosquitoes Away!

Culex
Lymphatic filariasis (Elephantitis)

Aedes
Zika Virus
Chickungunya
Dengue Fever
Yellow Fever

Anopheles
Malaria

No Breeding Sites = No Mosquitoes
# More common diseases transmitted by the Aedes mosquito

## Symptoms

<table>
<thead>
<tr>
<th>Zika Virus</th>
<th>Chikungunya</th>
<th>Dengue Fever</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Mild fever</td>
<td>- Sudden onset of high fever (&gt;102°F)</td>
<td>- High fever of 40°C (104°F) and at least two of the following symptoms:</td>
</tr>
<tr>
<td>- Skin rash</td>
<td>- Severe joint pain mainly in the arms and legs.</td>
<td>- severe headache.</td>
</tr>
<tr>
<td>- Conjunctivitis (red eyes)</td>
<td>- Rash (~50% of cases)</td>
<td>- pain behind the eyes.</td>
</tr>
<tr>
<td>- Painful joints</td>
<td>- Headache</td>
<td>- muscle and joint pain.</td>
</tr>
<tr>
<td>- Painful muscles</td>
<td>- Muscle pain</td>
<td>- nausea or vomiting.</td>
</tr>
<tr>
<td>- Headaches</td>
<td>- Back pain</td>
<td>- swollen glands.</td>
</tr>
<tr>
<td>- Generalized ill feeling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Only 1 in 4 person develop symptoms</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Incubation Period

- Zika Virus: 2-7 days after being bitten
- Chikungunya: 3-7 days after being bitten
- Dengue Fever: 4-10 days after being bitten

## Treatment

There is no vaccine or specific drug against these viruses. Only symptoms (such as pain and fever) may be treated.

## Prevention

1. Preventing mosquitoes from laying their eggs near you
   a. Safely dispose of containers that hold water such as tires, old buckets, cans, bottles, plastic bags, coconut shells etc.
   b. Empty, clean and cover containers not in use such as buckets, drums, etc and tightly cover containers used to store water
   c. Wash and change water in vases and your pets water containers at least 3 times per week
   d. Call your local vector control officers to inspect areas that you think may harbor mosquitoes
2. Preventing mosquitoes from biting you
   a. Cover your body with light colored loose clothing by wearing long sleeve, long pants and hats
   b. Use an insect repellent (containing DEET) that has been certified to keep the Aedes mosquito away
   c. Sleep under mosquito nets
   d. Screen windows and doorways
3. Avoid areas or countries known to have persons infected with the Zika virus
4. Use a condom consistently especially if you are pregnant. Also avoid having sexual intercourse with persons who have traveled to infected areas or persons who are infected with Zika Virus

## What to do if you become infected

1. Get plenty of rest
2. Drink plenty of fluids
3. Wear clothing that covers your arms and legs (prevent mosquitoes from biting you and spreading the virus to others)
4. Sleep under mosquito nets even when napping
5. Take paracetamol/Panadol/Tylenol to relieve fever and pain. Do not use aspirin, or any nonsteroidal anti-inflammatory drugs (NSAID) such as Motrin, Voltaren, Advil, or Aleve.
6. If symptoms worsen and complications develop, see your doctor immediately.

## Complications

- Zika Virus: Rare. However, it is especially important that pregnant women and women who are trying to become pregnant protect themselves against Zika virus infection. An increase in microcephaly (small head size) has been reported in newborns in areas with Zika virus infection outbreak.
  - There has also been an increase in other neurological diseases such as Guillain-Barré Syndrome. It has not yet been proven that the Zika virus is the cause of these conditions.

- Chikungunya: Rare. But more common in: 1.Infants (<1 year) 2.Elderly (>65 years) 3.People with other chronic conditions such as: diabetes, hypertension, etc
- Dengue Fever: Dengue haemorrhagic fever. Go IMMEDIATELY to an emergency room or the closest health care provider if any of the following warning signs appear:
  - Severe abdominal pain or persistent vomiting
  - Red spots or patches on the skin
  - Bleeding from nose or gums
  - Vomiting blood
  - Black, tarry stools
  - Drowsiness or irritability
  - Pale, cold, or clammy skin
  - Difficulty breathing