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facts about

Zika



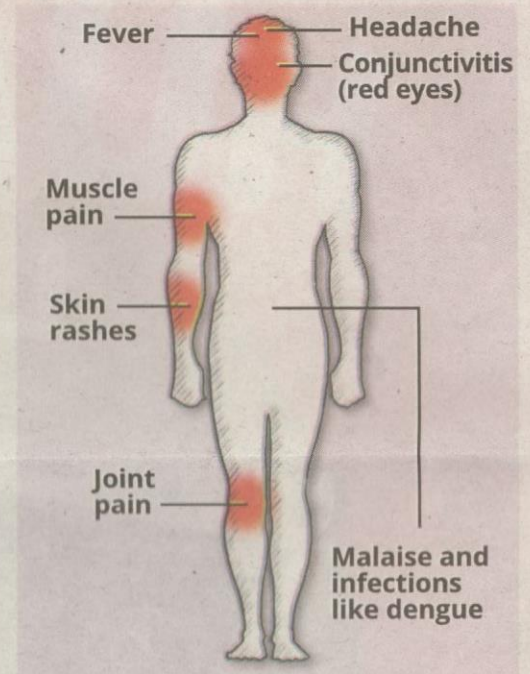
1 Only two out of 10 people infected with Zika show symptoms, which may include fever, skin rashes, conjunctivitis (red eyes), muscle and joint pain, headache and malaise.

2 The disease is usually mild, with symptoms lasting only a few days.

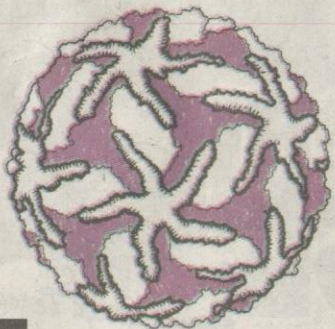
3 It is rare that people die from a Zika infection.



Signs include



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8 Blood transfusion is currently being looked into as a possible cause of transmission.

9 Zika cannot be spread by kissing.



5 ways to stop the spread of Zika

While no vaccine exists to prevent Zika, there are ways to hinder the spread of the virus personally and in our community.

Avoid mosquito bites

Use insect repellent, wear appropriate clothing and avoid places where you know there are plenty of mosquitoes.



Control mosquitoes in your home

Use screens on windows and doors. Make sure mosquitoes can't get into your home easily - use screens on windows and doors, don't leave windows or doors open, etc.

Plan for travel

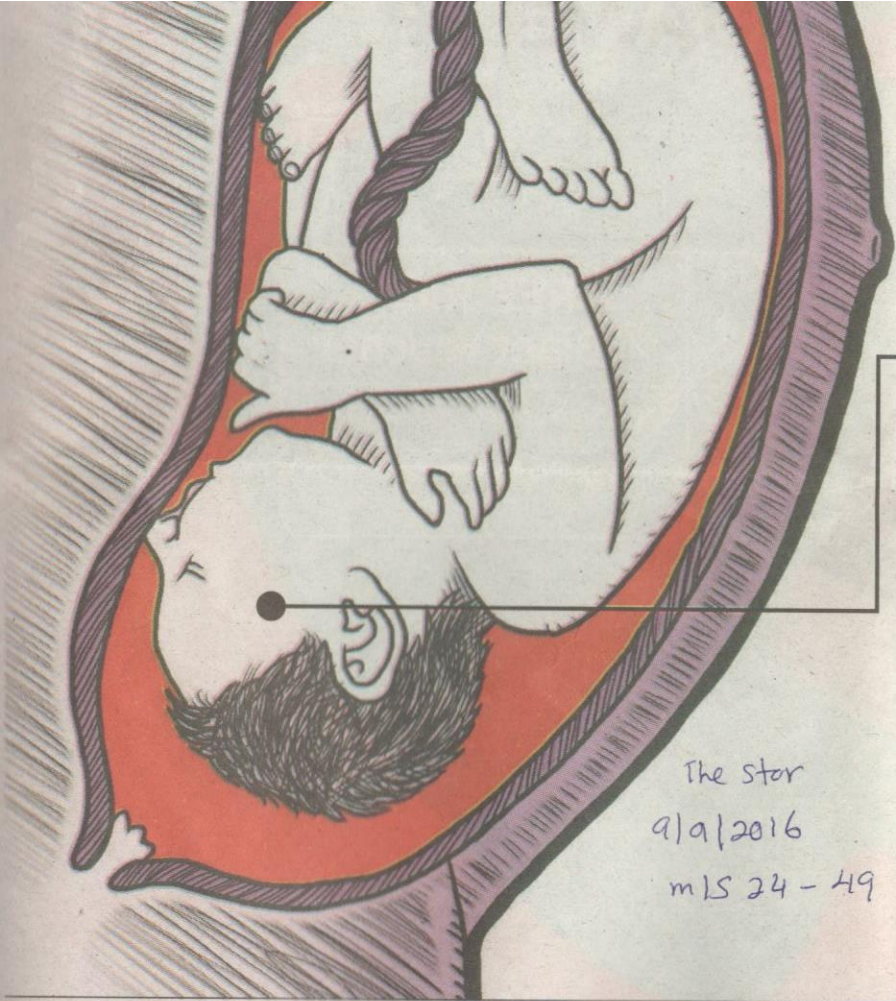
Check the latest Zika travel notices, especially if you are pregnant or trying to get pregnant, so that you can avoid affected areas.



Control mosquitoes outside

Clear potential breeding grounds for mosquitoes, including buckets, vases, potted plants, clogged drains, etc that can be a source of stagnant water.

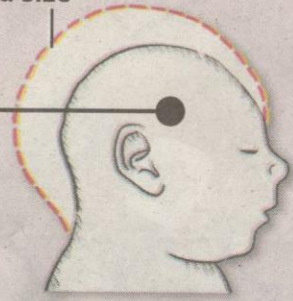




The star
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Infant with microcephaly

Normal head size



- Seizures
- Developmental delay, such as problems with speech or other developmental milestones (like sitting, standing and walking)
- Intellectual disability (decreased ability to learn and function in daily life)
- Problems with movement and balance
- Feeding problems, such as difficulty swallowing
- Hearing loss
- Vision problems

4 Most people fully recover without severe complications, and hospitalisation rates are low.

5 People who are infected DO NOT get side effects such as microcephaly or neural complications.



6 The Zika virus is primarily transmitted by mosquitoes - specifically mosquitoes from the Aedes genus, which also transmit dengue fever.

7 It is also believed that Zika could be transmitted through semen or vaginal fluid (sexual transmission), or while a mother is pregnant.



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Pregnant women are considered to be at-risk individuals. This is because the virus is linked to serious birth defects in children, in particular microcephaly and Gullain-Barre syndrome.

Those diagnosed with Zika should get rest, drink fluids, take medication to reduce pain and fever symptoms, and avoid aspirin and non-steroidal anti-inflammatory drugs.



A blood and urine test can confirm a Zika infection.



13 There is no vaccine or medicine for Zika.



14 The US Centers for Disease Control and Prevention (CDC) states there's no evidence that the virus will cause birth defects in the future among non-pregnant women with current or previous infection.



Protect yourself during sex

Besides mosquito bites, it is believed that the Zika virus could also be transmitted through semen or vaginal fluid i.e. sexual transmission. As many people infected with the virus may not have any symptoms, it is important that barrier methods are used for all men and women who have travelled to affected areas. Such precautions should be carried out for at least six months.

SAFE SEX



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The US CDC states it is "likely" that an individual is protected from future infections once they have been infected by the Zika virus.

