

SAFEGUARD AGAINST

ZIKA

Zika Virus, is contracted when a person is bitten by an infected aedes aegypti mosquito. This mosquito (vector) transmits diseases such as Dengue, CHIKV and Zika virus infections. Children, the elderly, pregnant women, and individuals with certain medical conditions like diabetes, hypertension and heart disease, are particularly susceptible to severe symptoms. "Aedes aegypti mosquitoes bite and spread infection throughout the day, all year long, indoors and outdoors.

Destroy Breeding Sites

The mosquitoes prefer to breed in areas of standing water, such as flower vases, uncovered barrels, buckets, and discarded tires. They also breed in clean settled water in the residence, in such overlooked areas as wet shower floors and toilet tanks. So cover, keep dry or dispose of anything around homes, schools, churches, and business places that may collect water. Repair leaking pipes and outdoor faucets, cut the grass short and trim shrubbery, clear roof gutters and eaves to prevent water from settling, and fill in and drain any low places in the yard where puddles may form when it rains.

Pregnant women should take extra precautions. Complications in pregnant women infected with zika virus include birth defects in new born babies. Pregnant woman and children are advised to use 10% or less DEET products.

Know the Symptoms!

Appears Similarly to
Chikungunya Virus



Prevention

- Use screens on windows and doors and/or mosquito nets when possible.
- Use an insect repellent with DEET, a colourless and odourless ingredient used to ward off insects. Popular brands are OFF, Bunny's and Vape. Repellents with higher concentrations of DEET last longer (30% about 6 hours, 15% about 5 hours, 10% about 3 hours, 5% about 2 hours).
- Do not spray DEET products directly onto the skin of children under 4. Instead spray into the palm of hands and rub onto skin.
- Do not spray DEET products directly unto the face. Instead, spray in the palm of the hands and rub onto face.
- Do not use DEET products under clothing or on irritated skin or on young children's hands as they run the risk of ingesting it.
- DEET however, can be used on uncovered skin, clothing, socks and shoes. Wash your child's clothes and skin thoroughly after using a repellent on them.
- DEET should only be applied up to 3 times daily (maximum). DEET is registered as a safe repellent for external use except for children under 2 years.
- Wear light coloured clothing and long sleeved shirts and pants, especially when going outside. Mosquitos can bite through thin clothing.
- Support the use of insect repellent sprays with products such as Vape mosquito coils and mats, and Citronella candles; which kill and ward off mosquitoes.
- Avoid wearing strong floral scents, soaps, lotions as they can attract mosquitoes.

Treatment

While there is no anti-viral drug to treat the virus, doctors will treat the symptoms with pain medication, vitamin c, rest and oral fluids. All recommended products for the relief of pain and/or fever contain the same active ingredient, namely Paracetamol or Acetaminophen. Available brands include: Panadol, Cetamol, Tylenol, Panadeine, Cetadeine, Apo-Acetaminophen, MK-Acetaminophen, Las-Paracetamol, Painol, Painex, Fitzroy's Acetaminophen and Para-Denk. DO NOT use Aspirin or ibuprofen-based products, as these can cause bleeding. The rash is self-limiting and can be treated with oral antihistamines (not Topical). Some oral antihistamines which can be used to ease the itching caused by the rash are DPH (diphenhydramine), Histal (chlorpheniramine), Claritine, Erolin, Roletra, Loratidine, Zyrtec and Cetrine. Panadol PM and Tylenol PM contain an antihistamine and can also be used in this case.



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