**ZIKA**

**VIRUS**

Zika is a virus primarily transmitted to people through the bite of an infected *Aedes species* mosquito. The same mosquito transmits dengue and chikungunya.

**SYMPTOMS**
- Mild fever
- Skin rash
- Conjunctivitis
- Headache and joint pain

**WHAT TO DO IF SIGNS OR SYMPTOMS APPEAR**
- Treatment consists of relieving pain and fever and any other symptoms that bother the patient.
- Take plenty of fluids.
- Have plenty of rest and sleep under a mosquito net.
- Wear clothes that cover your arms and legs.
- If the symptoms worsen or other complications develop, seek medical attention immediately.
- If you are pregnant and have symptoms, seek medical attention immediately, as your pregnancy could be at risk.

**HOW TO PREVENT IT**
Controlling the breeding sites of *Aedes Aegypti* mosquitoes reduces the risk of Zika, chikungunya or dengue virus infection.

1. **Eliminate breeding sites** such as flower pots, old tires, bottles and any other recipients where water can accumulate.
2. **Cover** all household water tanks and containers to ensure that mosquitoes cannot get into them.
3. **Prevent the accumulation of rubbish**, disposing of it in sealed plastic bags and covered bins.
4. **Keep drains clear** to prevent stagnant water from accumulating.
5. **Use insecticide-treated mosquito screens or curtains** to cover windows and doors. Sleep in a place protected by mosquito nets.
6. **Wear long-sleeves, long trousers and hats.**
7. **Use insect repellents** recommended by the health authorities.
8. **Share this information.**

Onset is generally **two to seven** days after being bitten by an *Aedes Aegypti* mosquito.

One in five people infected with Zika develop symptoms.

A very small proportion of people may suffer complications after contracting the virus.

There is no vaccine against the virus.