## Prevention

- **Prevention of mosquito breeding**
  - Destroy potential mosquito breeding places (tins, cups, coconut shells etc.)
  - Proper disposal of solid waste
  - Keep environment clean

- **Avoiding mosquito bites**
  - Usage of mosquito repellants
  - Wearing clothes that cover as much of the body as possible
  - Using physical barriers such as screens, closed doors and windows
  - Sleeping under mosquito nets.

- Person showing symptoms compatible with Zika virus disease, within 2 weeks of return from a Zika affected area should consult a medical practitioner for evaluation of the condition.

- A traveller visiting a Zika affected area should use protective methods to avoid mosquito bites.

## For pregnant mothers

- Pregnant women or women planning to get pregnant who are planning to travel in Zika affected areas should consider postponing their travel considering the risk and benefit.

- Pregnant women or women planning to get pregnant visiting a Zika affected area should use protective methods to avoid mosquito bites.

- Any pregnant mother with travel history of a Zika affected country (country with active transmission) should consult a medical practitioner for evaluation of the condition.

## FOR FURTHER INFORMATION

Public Health Inspector
Medical Officer of Health
Regional Epidemiologist

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Epidemiology Unit
Ministry of Health - Sri Lanka
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## Currently Zika affected regions and countries

- Brazil, Colombia and surrounding South American countries.
- Most of the Central American countries
- Caribbean islands
- Asian countries:
  - Singapore, Malaysia, Thailand, Philippines and surrounding countries
Transmission
- Zika virus is transmitted primarily through mosquitoes of genus *Aedes*.
- Zika virus may be transmitted via sexual contact with an infected person.
- Zika virus may also be transmitted from a pregnant mother to the foetus.

Incubation period on average is 2 days to 1 week
- Most of the infected persons do not show any symptoms
- Only 20% of the infected persons shows symptoms and signs
- Symptoms may continue for 2 to 7 days

Symptoms
The most common symptoms are,
- Acute onset of fever
- Maculo-papular rash
- Joint pain (arthralgia)
- Red eyes (non purulent conjunctivitis).

Other symptoms:
- Headache
- Muscle pain (myalgia)
- Pain around the eyes (retro-orbital pain)

Treatment
No vaccine or anti viral drug is currently available to treat the Zika virus disease

Complications
- Zika may cause a birth defect named microcepaly in which babies are born with small size heads with poor brain development.
- In rare instances Zika patients can develop Guillain Barre Syndrome. (a neurological disorder that could lead to paralysis and death)

What you should do after getting Zika disease
- Get adequate rest
- Drink adequate fluids to prevent dehydration
- Take Paracetamol to relieve fever and pain in keeping with the advice of your doctor
- Do not take Aspirin and other non-steroidal anti-inflammatory drugs. (NSAIDs: Ibuprofen, Diclofenac etc.)
- Seek medical advice if you develop breathing difficulties or body weakness
- Use bed nets to prevent spread of the disease to others
- Please inform the public health officers of your area (Medical Officer of Health, Public Health Inspector, Public Health Midwife)