

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

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Zika Viral Disease



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.

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)

- 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

Treatment

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

Complications

- Zika may cause a birth defect named microcephaly 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)