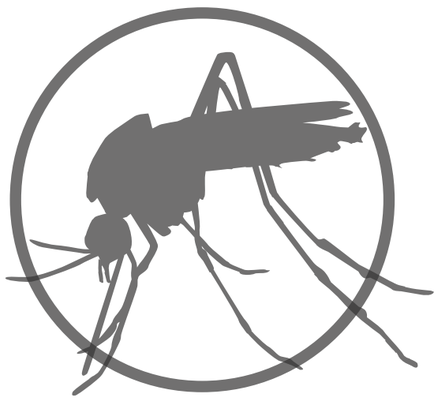


ZIKA BASICS

FLIPBOOK FOR COMMUNITY HEALTH WORKERS

CS270026

Introduction

This flipbook is for community health workers to use to educate their communities about Zika, how it is spread, the effects of the virus, what to do if infected, and how to prevent Zika.

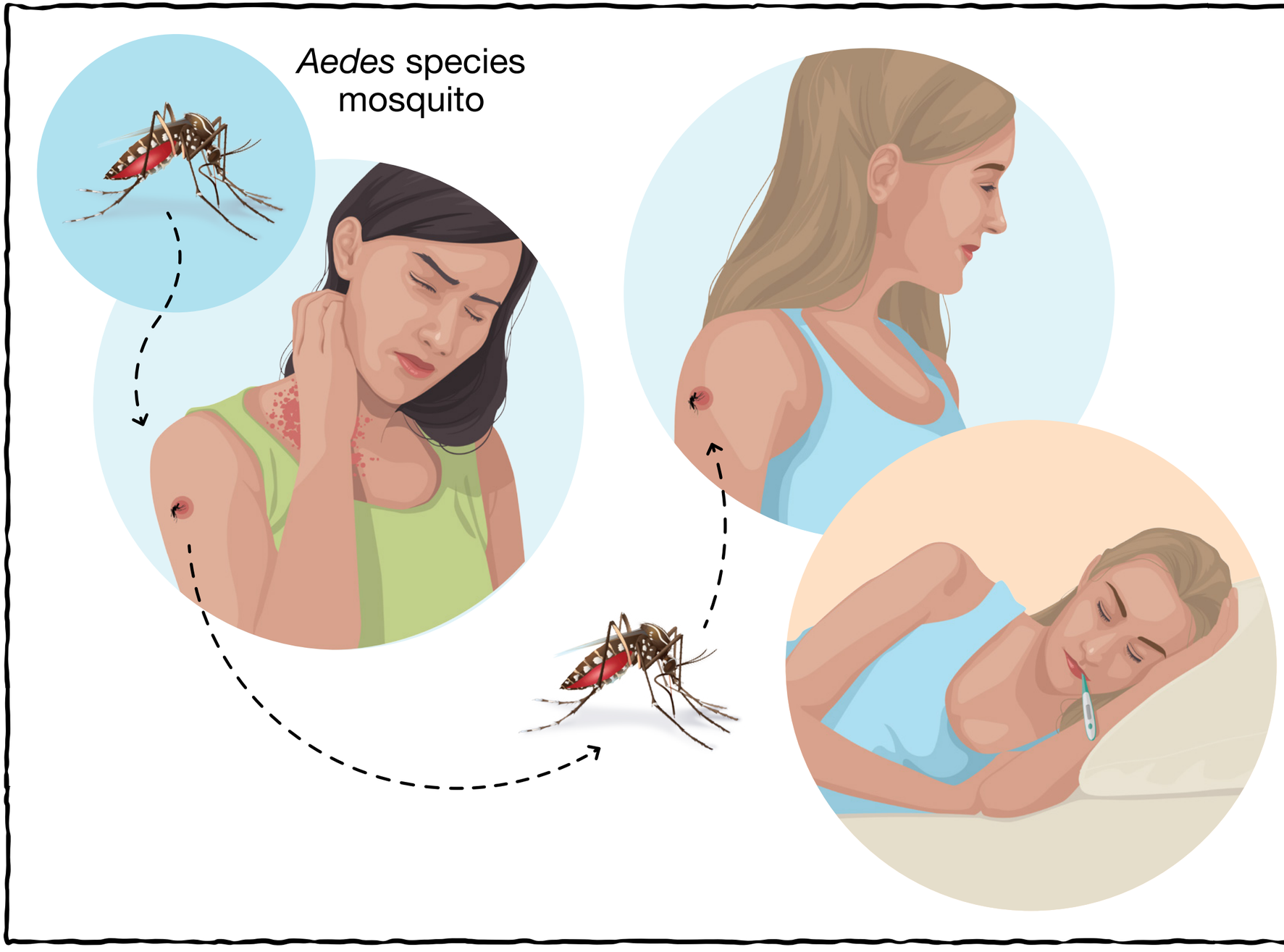
ZIKA BASICS Flipbook

How to Use this Flipbook

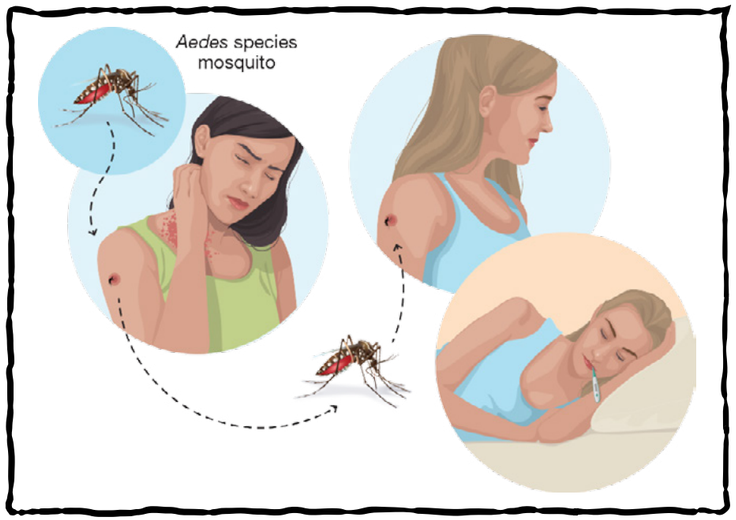
- Each page in the flipbook has two sides.
- Face the side with the mosquito image in the corner towards you and use the bullets on this side to guide your discussion.
- Show your audience the side with the larger picture on it.

1. About Zika

Zika is primarily spread by the bite of an infected *Aedes* species mosquito.



1. About Zika



- Zika virus is spread mainly through the bite of an infected *Aedes* species mosquito.
- Many people who are infected with Zika won't have symptoms or will only have mild symptoms, but Zika can cause severe birth defects and other problems such as stillbirth and miscarriage.

2. Where is Zika?

Zika outbreaks are currently happening in many countries and territories.

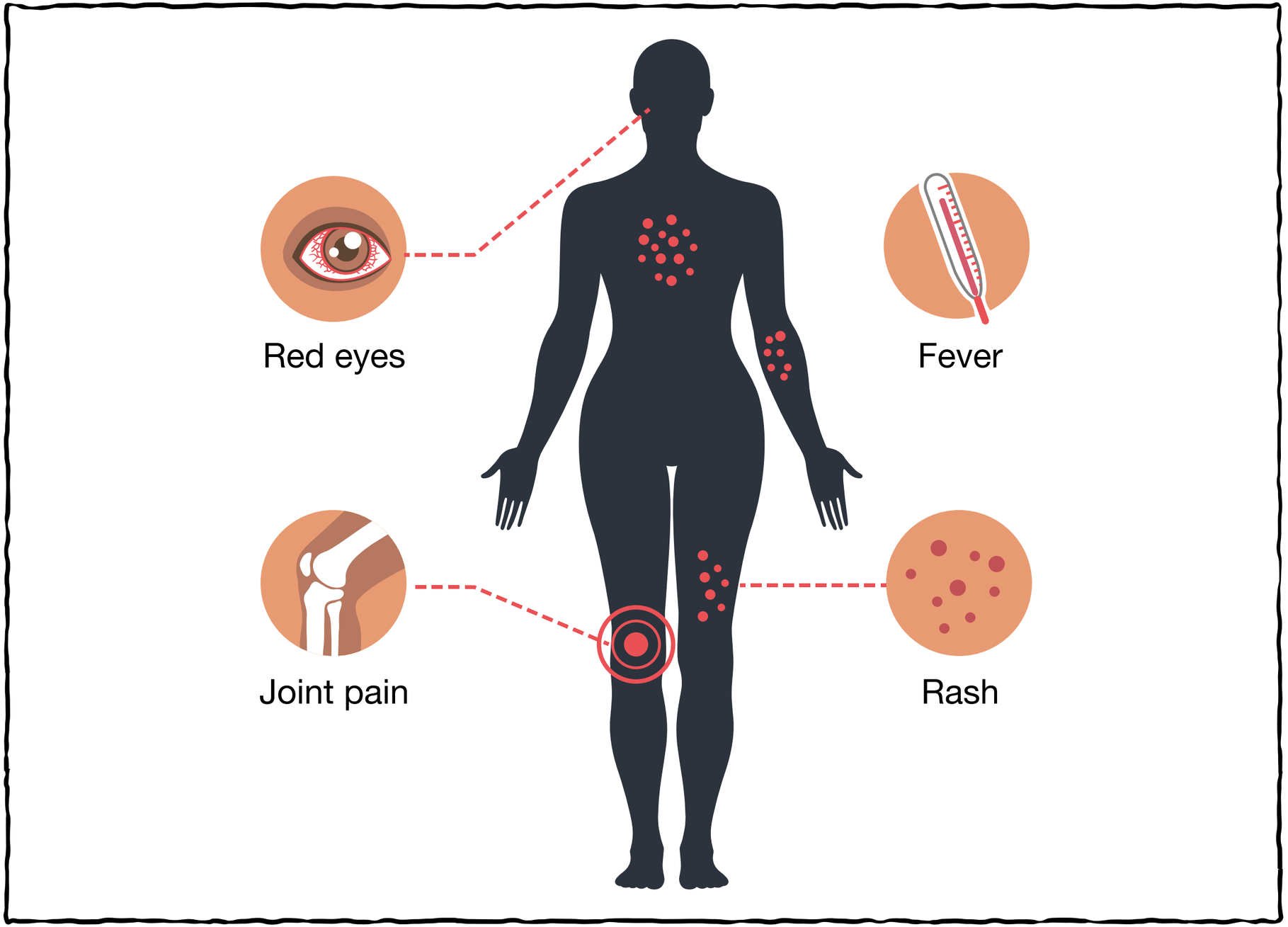
2. Where is Zika?

- Zika outbreaks are currently happening in many countries and territories. The mosquitoes that can become infected with and spread Zika live in many parts of the world.
- The specific areas where Zika virus are spreading are often difficult to determine and are likely to change over time.

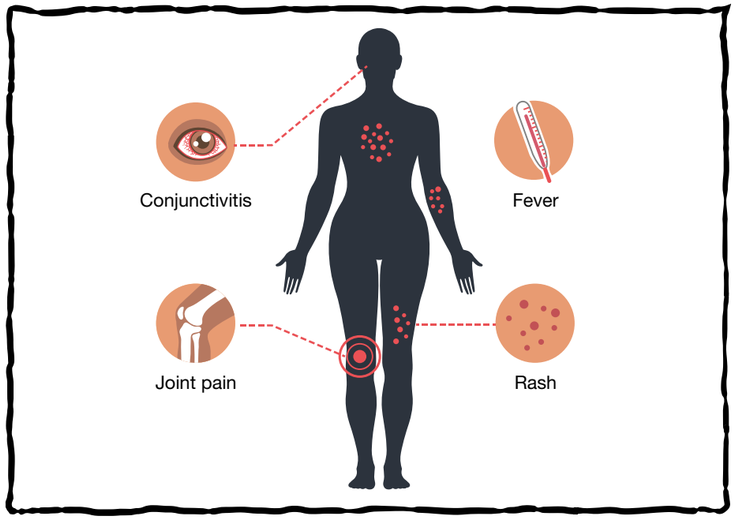
3. What Are the Symptoms of Zika?

Many people infected with Zika won't have symptoms or will only have mild symptoms.

The most common symptoms of Zika are fever, rash, joint pain, and red eyes.



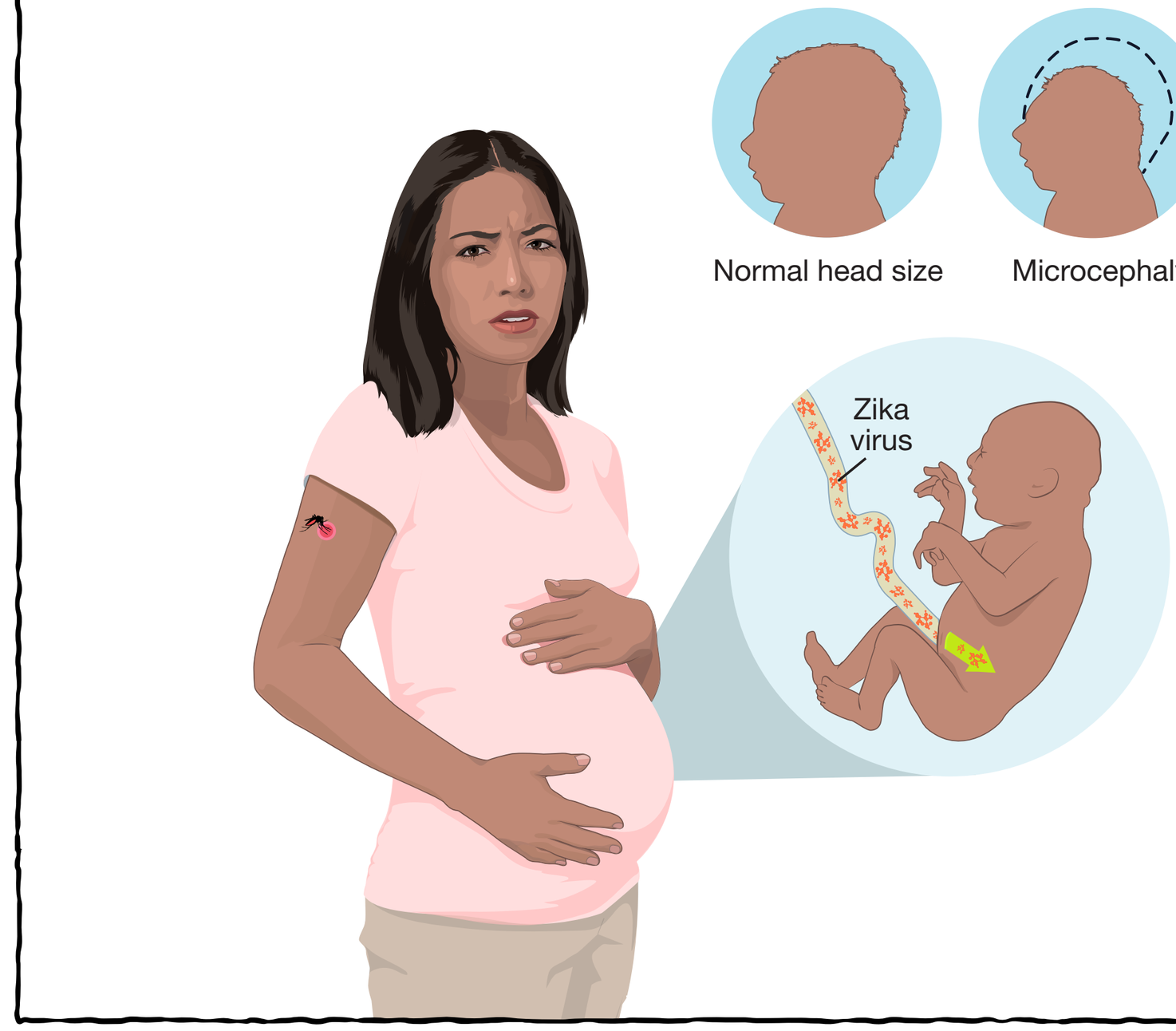
3. What Are the Symptoms of Zika?



- Many people infected with Zika won't have symptoms or will only have mild symptoms.
  - The most common symptoms of Zika are
    - Fever
    - Rash
    - Joint pain
    - Red eyes
    - Other common symptoms include muscle pain and headache.
- Symptoms can last for several days to a week.
- People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.
- Guillain-Barré syndrome (GBS), an uncommon illness of the nervous system, is strongly associated with Zika. But only a small number of people with Zika get GBS.

4. What Effects Can Zika Have on Pregnancies?

Zika infection during pregnancy can cause fetuses to have a birth defect of the brain called microcephaly.



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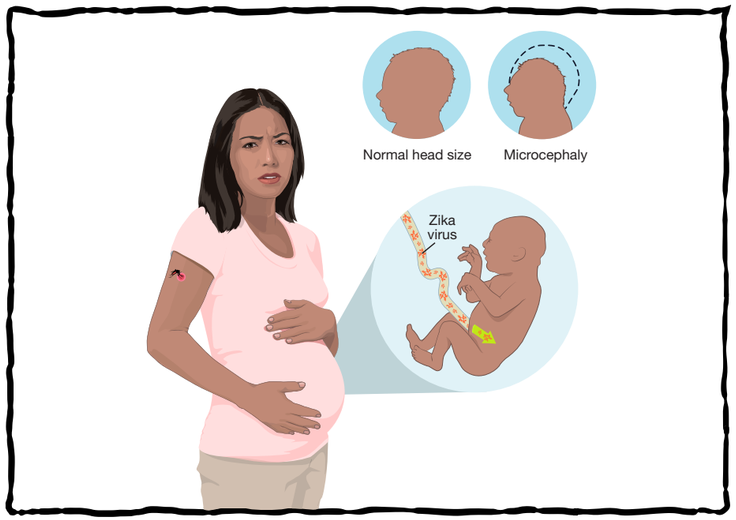
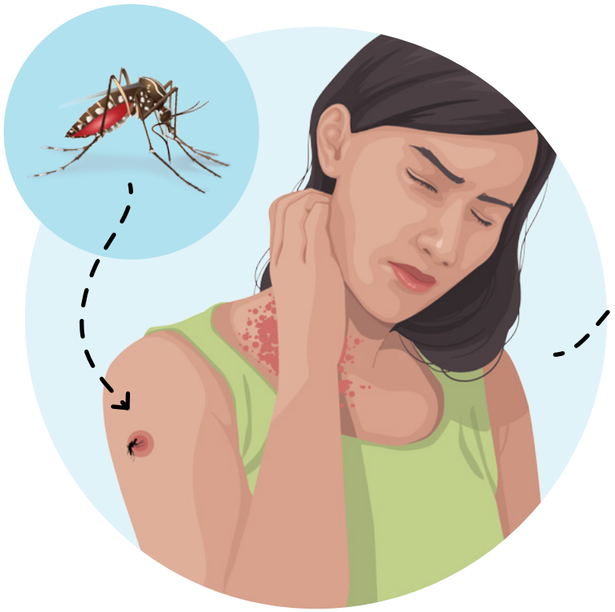
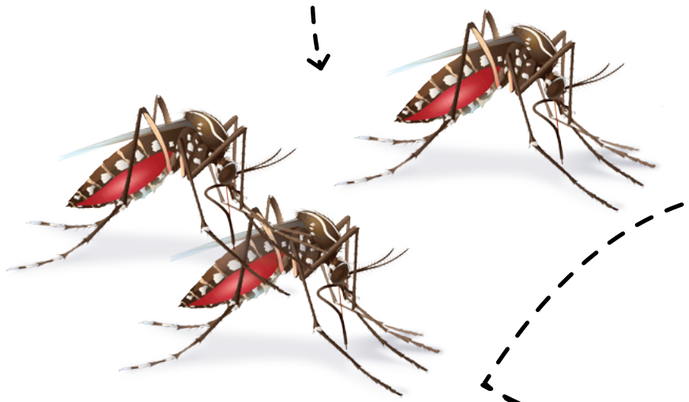


- Zika can be passed by a pregnant woman infected with Zika to her fetus. Zika infection during pregnancy can cause fetuses to have a birth defect of the brain called microcephaly, a condition in which the fetus or baby has a smaller head than normal. Other problems have been found among fetuses and infants infected with Zika virus before birth, such as eye and hearing defects and impaired growth.

5. How is Zika Spread?





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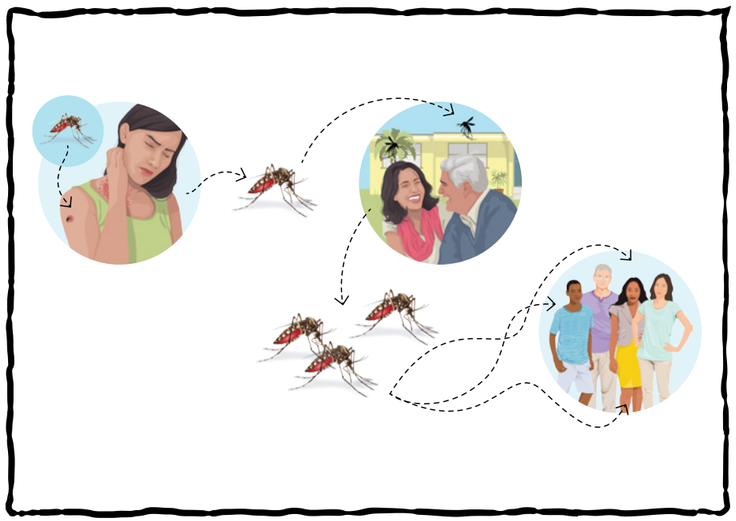
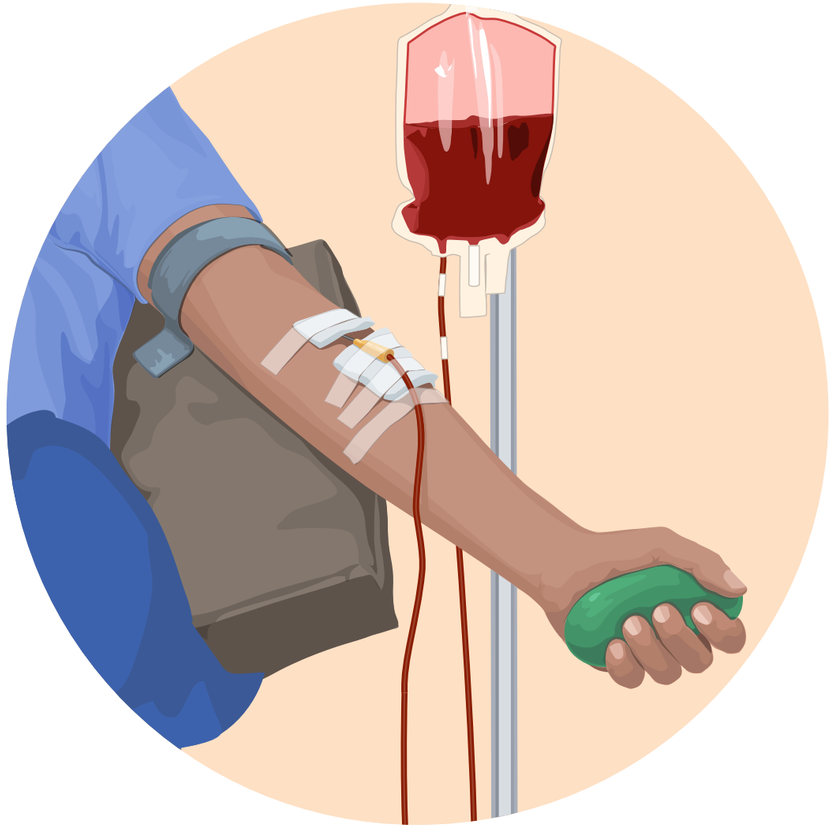


- Zika virus spreads to people primarily through the bite of an infected mosquito.
- The mosquito bites a person infected with the virus.
- The mosquito then becomes infected and bites a nearby family member or neighbor.
- That family member or neighbor then becomes infected.
- The infected mosquitoes then bite more members of the community and infect them.

6. How is Zika Spread?

Zika virus can also be passed through sex and may be spread through blood transfusion.



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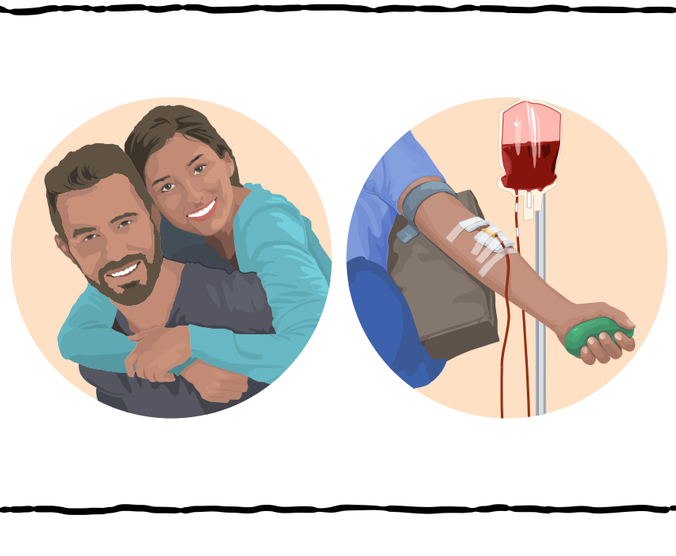


- Zika virus can also be passed through sex from a person who has Zika to his or her sex partners, even if the infected person does not have symptoms at the time.
- Zika virus may be spread through blood transfusion.

7. What Should You Do if You Have Zika?

There is no medicine or vaccine for Zika at this time but you can take steps to treat the symptoms.

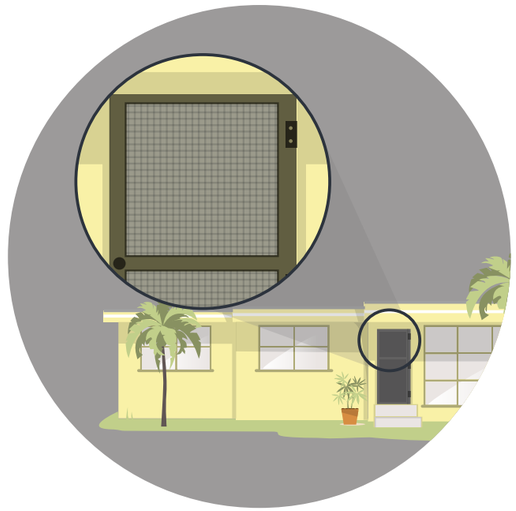
7. What Should You Do if You Have Zika?

- Zika is diagnosed based on a person's recent travel history, symptoms, and test results from a blood or urine test.
- There is no specific medicine or vaccine for Zika virus infection at this time.
- You should treat the symptoms of Zika and make sure to
    - Rest
    - Drink fluids to prevent dehydration
    - Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDS) until dengue is ruled out
    - Take acetaminophen (Tylenol®) to reduce fever and pain

8. How Can You Protect Yourself and Your Family From Getting Zika?

These are some of the steps you can take to protect yourself and your family from Zika.

Wear long-sleeved shirts and long pants.



Stay in places with window and door screens.

Wear insect repellent.

Use a bed net.

Use condoms or do not have sex.

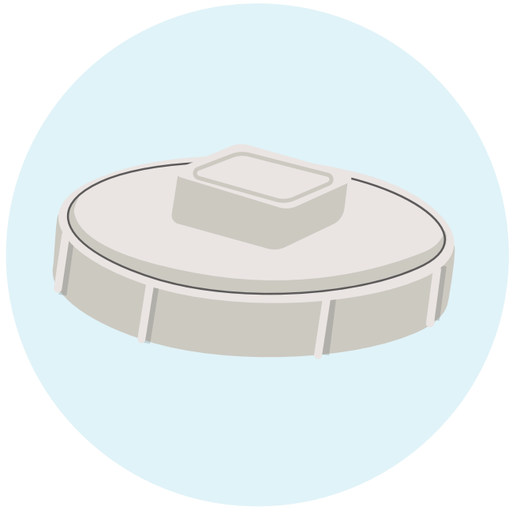
8. How Can You Protect Yourself and Your Family From Getting Zika?

- Wear long-sleeved shirts and long pants.
  - Clothing is a barrier between mosquitoes and the people they want to bite.
- When possible, stay in places with air conditioning and window and door screens to keep mosquitoes outside.
  - Screens will help keep mosquitoes outside your home.
- Use Environmental Protection Agency (EPA)–registered insect repellents with one of the following ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone. Always follow the product label instructions.
  - Do not use repellents on babies younger than 2 months old.
  - When used as directed, repellents can help prevent mosquitoes from biting you.
- If you sleep in a place without air conditioning or window and door screens or if you sleep outside, sleep under a mosquito bed net and use mosquito netting to cover baby carriers, strollers, or cribs.
- Prevent sexual transmission of Zika by using condoms or not having sex.

9. How Can You Help Eliminate Mosquitoes Around Your Home?

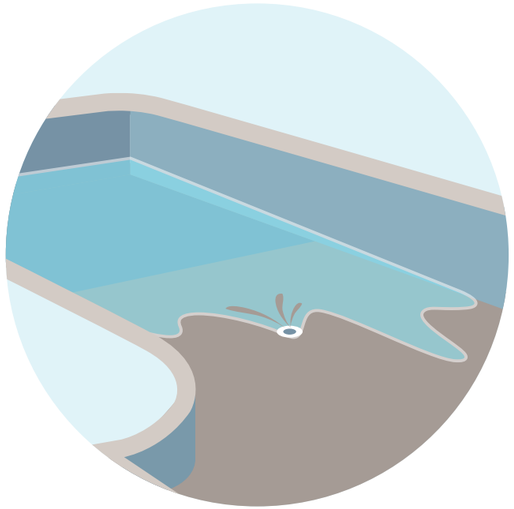
These are some of the steps you can take to get rid of mosquitoes from around your home and prevent them from laying eggs.

Empty standing water.



Seal septic tanks.

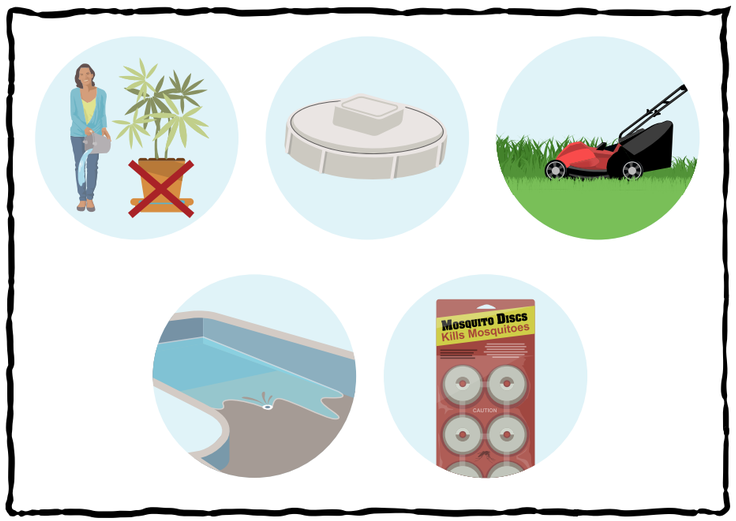
Mow your lawn regularly.



Drain water from pools when not in use.

Use larvicides to treat standing water that will not be used for drinking.

9. How Can You Help Eliminate Mosquitoes Around Your Home?



- Once a week, empty and scrub, turn over, cover, or throw out any items around your home that hold water to prevent mosquitoes from laying eggs.
- Use outdoor insecticide to treat dark humid areas like those under patio furniture or in the carport or garage where the mosquitoes rest.
    - Spraying will kill adult mosquitoes.
- Seal a broken or cracked septic system so mosquitoes can't get in and lay their eggs.
- Mow your lawn regularly and cut down weeds near your house.
    - Mosquitoes like to rest in tall grasses and weeds.
- Drain water in pools when not in use to prevent mosquitoes from laying eggs.
- Apply larvicides in fountains, gutters or downspouts, tires, pool covers, and any other items that collect and hold water.
    - Do not add larvicides to drinking water.
    - Larvicides will help kill young mosquitoes which means fewer biting and disease-spreading mosquitoes.

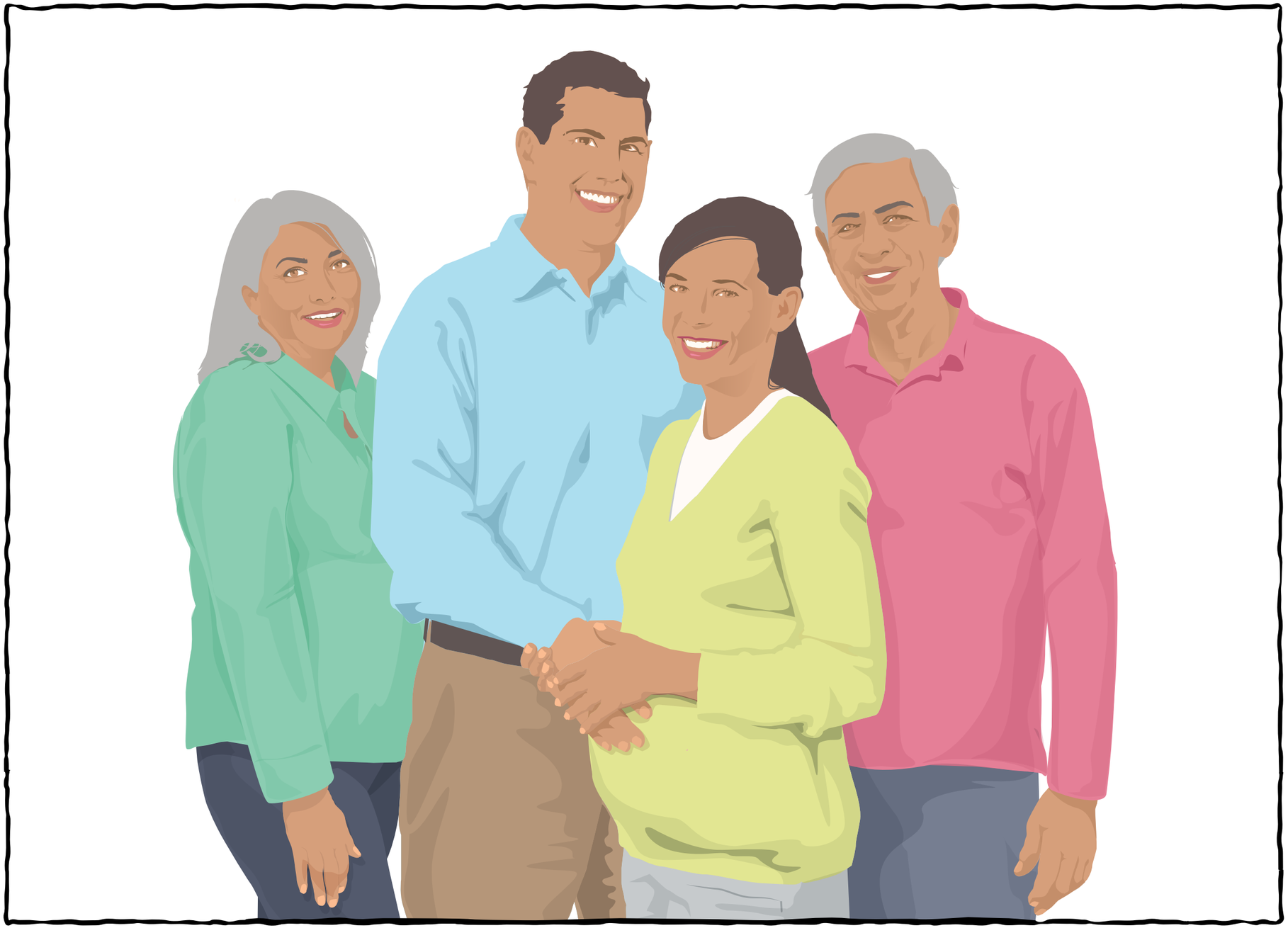
What We've Learned

- What Zika virus is
- The effects of the virus
- How the virus is spread
- What to do if you have Zika
- How to protect yourself and your family from Zika

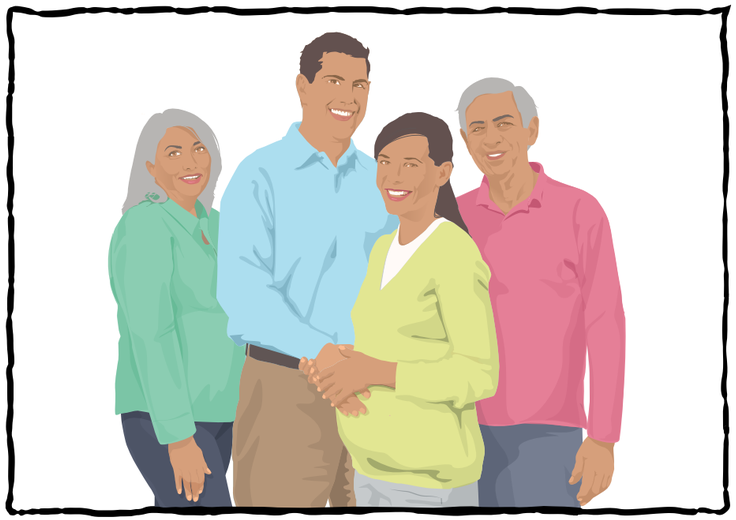
You Can Make a Difference

Using what you just learned, spread the word and help stop the spread of Zika.

You could be the person who stops one case of microcephaly.



You Can Make a Difference



- Using what you just learned, spread the word and help stop the spread of Zika.
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