



# ZIKA VIRUS ALERT

## Be Informed, Be Safe

United Way Mumbai

Advisory issued in Public Interest by United Way Mumbai

Municipal Corporation of Greater Mumbai (MCGM) Health Helpline: 022-24114000

Zika Virus has been declared as a Public Health Emergency of International Concern (PHEIC) on 1<sup>st</sup> February 2016 by World Health Organisation. Following this, National Centre for Disease Control (NCDC), Delhi issued guidelines on Zika Virus disease on 2<sup>nd</sup> February 2016.

Zika has not been declared an emergency in India, but it is every individual's right to be informed and be safe.

### What is Zika Virus?

Zika virus disease is a mosquito-borne illness. The most common symptoms of Zika virus disease are fever, rash, joint pain, or conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week.

### How does it spread?

The disease is spread by infected Aedes egypti mosquito. This mosquito is responsible for Dengue and Chikungunya.

### What does the disease do?

The disease is potentially associated with Microcephaly in the new-born and other neurological syndromes (Guillain Barre Syndrome). However more research is underway to establish this link.

### Ways to protect yourself:

There is no vaccine or specific medicine for Zika. The best way to prevent diseases is to stop mosquito breeding and avoid being bitten.

**1** Prevent ourselves from mosquito bites

- Avoid going out at night if possible
- Wear full sleeve clothes
- Use mosquito repellents
- Use insecticide treated bed nets
- Cooperate with MCGM for fogging

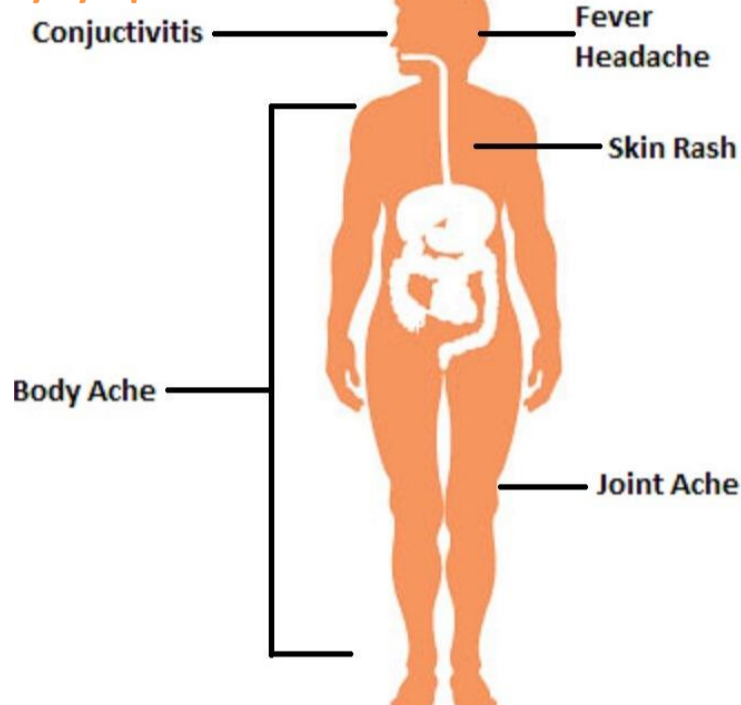
**2** Prevent mosquito breeding in our community

- Cover water containers with lid or cloth
- Change water in vases and vessels at least once a week
- Dispose waste in closed garbage bins to avoid water stagnation

**3** Pregnant women to be careful

- Women who are pregnant should avoid travelling to Zika prevalent countries
- Women who are planning to be pregnant should consult their doctors before travelling to Zika prevalent countries

### Early symptoms



### Added Precaution should be taken by:

- Pregnant Women
- Elderly
- Children
- Persons with co-morbid conditions



### Aedes egypti mosquito

- Breeds in clean and fresh water
- Small and stout in shape
- Bites at morning
- Distinct white colored spots on body

### Sources of information:

- World Health Organization (WHO)
- Center for Diseases Control (CDC)
- National Center for Diseases Control, India (NCDC)

### For more details contact:

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