WHAT IS THE RED CROSS DOING ABOUT ZIKA?

The Antigua and Barbuda Red Cross is working around the clock to respond to the Zika Virus outbreak.

The Red Cross’ work includes Public Awareness Campaigns such as PSA’s, Printed Materials and Community Outreach including Townhall Meetings and School Sensitization as well as Educational Forums and Social Media Campaigns.
#ZIKA

**WHAT IS ZIKA?**

Zika is a virus transmitted by the Aedes mosquito which also transmits Dengue and Chikungunya.

**COMMON SYMPTOMS**

- Red eyes
- Joint pain
- Rash
- Fever

**IMPLICATIONS FOR PREGNANT WOMEN**

**MICROCEPHALY**

Microcephaly is a condition where a baby's head is much smaller than expected. During pregnancy, a baby's head grows because the baby's brain grows.

Microcephaly can occur because a baby's brain has not developed properly during pregnancy or has stopped growing after birth, which results in a smaller head size.

**HOW IS ZIKA SPREAD?**

- Through mosquito bites
- From a pregnant woman to her fetus
- Through sex
- Through blood transfusion

**PREVENTION AND TREATMENT**

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites.

- **WEAR PROTECTIVE CLOTHING**
- **CONTROL MOSQUITOES**
- **APPLY INSECT REPELLENT**
- **USE A BED NET**

**TREATMENT OF SYMPTOMS**

- Get plenty of rest
- Drink fluids to prevent dehydration
- Take medicine such as acetaminophen to reduce fever and pain
- Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs)
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication

**ONSET**

Onset is usually 2 - 7 days after the mosquito bite

1 in 5 people with Zika infection develops symptoms

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www.abredcross.org

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