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.

**HOW IS ZIKA SPREAD?**
- Through mosquito bites
- From a pregnant woman to her fetus
- Through sex
- Through blood transfusion

**THE RISKS**
Zika infection during pregnancy can cause a birth defect of the brain called microcephaly and other severe fetal brain defects.

Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as defects of the eye, hearing deficits, and impaired growth.

There have also been increased reports of Guillain-Barré syndrome, an uncommon sickness of the nervous system, in areas affected by Zika.

**SYMPTOMS OF ZIKA**
- Red Eyes
- Fever
- Joint Pain
- Rash

**PREVENTION**
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.

- Use insect repellents
- Wear long sleeve shirts and long pants
- Sleep under mosquito nets
- Clean up Garbage and do not litter
- Secure breeding sites

**WHAT TO DO IF YOU HAVE ZIKA**
There is no specific medicine or vaccine for Zika virus. Treat the 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 is usually 2 - 7 days after the mosquito bite
1 in 5 people with Zika infection develops symptoms

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