Zika is a virus primarily spread through bites of infected mosquitoes. The elderly are at a disadvantage when it comes to the Zika virus since their immune systems are not as strong as they once were, making it tougher to fight off infections.

#FightTheBite
PREVENTING ZIKA

- Wear protective clothing / long sleeve and light colours
- Keep windows & doors closed to keep mosquitoes out
- Apply insect repellent as directed
- Check for breeding sites and use a bed net during the day

ZIKA AND GUILLAIN-BARRÉ SYNDROME

Guillain-Barré syndrome (GBS) is an rare sickness of the nervous system in which a person’s own immune system damages the nerve cells, causing muscle weakness, and sometimes, paralysis. Current research suggests that GBS is strongly associated with Zika; however, only a small proportion of people with recent Zika virus infection get GBS.