ZIKA VIRUS

SYMPTOMS
Many people will not have any symptoms.

- Fever
- Rash
- Headache
- Conjunctivitis
- Joint Pain
- Muscle Pain

Symptoms last several days to a week.

PREVENTION
- Remove Standing Water
- Use Window and Door Screens
- Wear Long Sleeves and Pants
- Use Repellent with 20-30% DEET
- Practice Safe Sex
- Use Outdoor Insect Spray

TREATMENT
- Rest
- Over-the-Counter Medications
- Plenty of Fluids

SELF-ASSESSMENT

INDOORS
- Use air conditioning
- Use indoor fogger or spray
- Use bed nets
- Cover cribs and strollers with mosquito netting
- Treat clothes with Permethrin

OUTDOORS
- Check screens and windows for cracks and gaps
- Remove standing water
- Tightly cover water storage containers
- Use larvicide
- Repair cracks and gaps in septic systems
- Cover open vents or plumbing with wire mesh
- Use an outdoor mosquito spray
- Close all doors
- Use insect repellent with 20-30% DEET
- Wear long sleeves and long pants

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