Prevention
To reduce the risk of contracting Zika virus infection - as for the other mosquito-borne infections – persons especially travellers should minimise the exposure to mosquito bites by taking the following preventive measures:

- Use of insecticide-treated bed nets, coils, spray, repellents and wearing long sleeves and long pants, especially during the hours of highest mosquito activity (morning and late afternoon). Mosquito repellent with a 30% DEET concentration is recommended;
- Before using repellents, pregnant women and children under the age of 12 years should consult a physician or pharmacist;

Measures at the community level include:
- Reduction of mosquito breeding sites (removal of all open containers with stagnant water in and round houses, or, if that is not possible, treatment with larvicides);
- In affected areas, elimination of adult mosquitoes through aerial spraying with insecticides.

Zika Virus (ZIKV) Factsheet

The Virus
Zika virus (ZIKV) infection is a viral illness transmitted by mosquitoes. With an outbreak in Brazil confirmed, the Zika virus may now pose a threat to Grenada and the rest of Caribbean. The ZIKV is an Aedes aegypti mosquito-borne disease similar to Chikungunya (ChikV) and dengue fever.

The Illness
Zika virus (ZIKV) is similar to dengue fever and generally lasts 4-7 days. Incubation period is usually between 3-12 days. Symptoms of ZIKV infection may include fever, headache, conjunctivitis, rash, muscle, and joint pain. Other less common symptoms reported include: lack of appetite, diarrhoea, constipation, abdominal pain and dizziness.

Treatment
There is no specific anti-viral treatment for ZIKV infection available. Symptoms like headache and fever can be treated, with Panadol or Tylenol. Hospital care is indicated in severe illnesses or if complications arise.
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