

Travel Advice

- Follow bite prevention precautions
- Ensure that your accommodations have appropriately screened rooms and functional air conditioners
- If you've travelled to an area with ongoing Zika infections, see your doctor on returning home



Surveillance Unit Mission Statement

To maintain, protect, and improve the health and well-being of residents and visitors in The Bahamas, by the efficient assessment of health threats through timely and accurate reporting, leading to effective evidence-based decision making and appropriate resource allocation for action

ZIKA:

WHAT YOU NEED TO KNOW



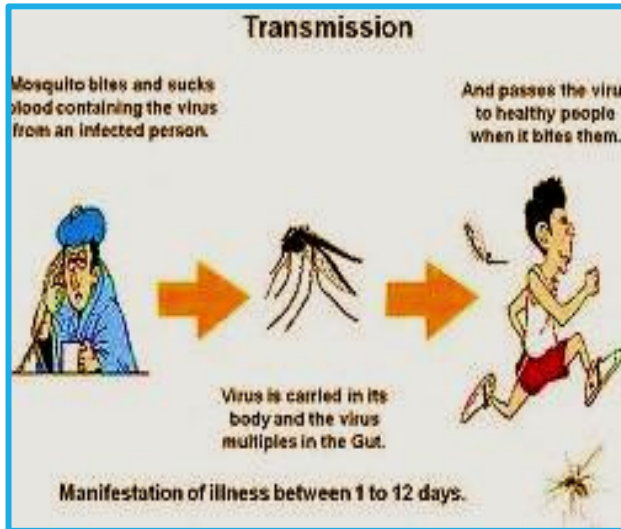
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Prepared by The Surveillance Unit
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The Zika virus is now in the Americas including the Caribbean and is spread by the bite of an infected *Aedes aegypti* mosquito.



Zika can also be spread by sexual contact (infected semen), so abstinence or safe sex is recommended

Symptoms of Zika Infection

The symptoms of Zika are mild and most persons will have no symptoms at all. These symptoms include:

- Fever (low)
- Skin rash
- Red eyes without discharge
- Muscle and joint pain
- Headache

They usually begin 2-7 days after being infected and last about a week

Risks/Complications of Zika Infection

- There appears to be a strong link between Zika infection in pregnancy and the birth of babies with abnormally small heads and developmental problems
- Pregnant women or those who may become pregnant are advised to take extra precautions to avoid Zika infection
- There have also been reports of persons infected with Zika who developed Guillain-Barré Syndrome, a condition with generalized severe weakness that can threaten one's ability to breathe

ZIKA INFECTION CAN BE PREVENTED!!

Prevent Mosquito Bites

- Wear light coloured long sleeved shirts/blouses and long trousers
- Use approved topical repellents on exposed skin
- Approved repellents contain DEET, Picaridin, Icaridin, or IR3535
- In adults, apply to all exposed areas of skin; for face, spray onto hands and carefully wipe onto face
- In children 3 months or older, spray repellent into your hands and wipe onto exposed areas of child's body
- Do not allow children to handle or spray the product

- Avoid applying repellent to children's hands because children frequently put their hands in their eyes and mouths
- Dress infants in light coloured, loose-fitting clothing
- Place mosquito nets over cribs and bassinets
- Burn mosquito coils

Removal of Mosquito Breeding Sites In & Around Your Home

- Clear clutter from your yard, e.g. old appliances, tires, etc.
- Tip over containers that hold water
- Cover collected water with a screen wire mesh
- Flush out natural wells in your plants (e.g. bromeliads) once weekly
- Make sure the screens at your windows and doors are intact

