

Zika Virus Disease

Do's And Don't's

Do's:

For preventing/ controlling mosquito breeding

- Cover all water tanks and containers with tight lids.
- Dispose & destroy all unused containers, junk materials, tyres, coconut shells etc.
- Empty, scrub & dry desert coolers every week before refilling.
- Use larvivorous fish in ornamental tanks at houses and hotels
- Observe weekly dry day- empty and scrub all containers holding water for a week like bird bath, flower vase, ant-trappers etc

For Personal Protection

- Use bed-net at home and hospital during Dengue/ Zika Virus fever to prevent mosquito bite so as to interrupt transmission.
- To avoid mosquito bite during day time wear full sleeved clothing and apply mosquito repellent.

For managing fever

- Use paracetamol for fever.

Don'ts

- Don't allow water to stagnate in and around your house in coolers, buckets barrels, flower pots, bird baths, freeze trays, coconut shells etc.
- Don't throw broken utensils, unused bottles, tins, old tyres and other junk materials here and there as Aedes mosquitoes breed in these objects during rainy season.
- Don't use Aspirin to treat fever.
- There is no specific medicine for Zika Virus disease. Self-medication should be avoided, consult your doctor.

