IMPORTANT MESSAGE FOR ALL TRAVELLERS

Travellers should follow recommendations to avoid mosquito bites at all times when travelling in overseas countries where there is a risk of mosquito-borne diseases.

This is particularly important if you are or could be pregnant as there are a range of mosquito-borne diseases, such as Zika or dengue, that are a risk for pregnant women.

What should you do if you think you might have Zika?

If you have returned within the last two weeks from travel to countries where there is ongoing Zika transmission and become unwell, particularly if you are pregnant, you should see a doctor and mention your overseas travel.

MORE INFORMATION

CONTACT

NATIONAL CENTER FOR DISEASE CONTROL
MATAIKA HOUSE
TAMAVUA, SUVA
(679) 322 1428

MINISTRY OF HEALTH & MEDICAL SERVICES
88 AMY ST
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(679) 330 6177

Zika Virus
PROTECT YOURSELF AND YOUR FAMILY

health.gov.fj

“Your Health” tab
“Zika Virus” link
WHAT IS ZIKA VIRUS AND HOW DOES IT SPREAD?
Zika virus disease is caused by a virus transmitted by Aedes mosquitoes.

The *Aedes aegypti* mosquito commonly found in Fiji transmits Zika virus, much like dengue fever and is easily identifiable having black and white striped legs. This mosquito especially likes to bite during dawn and dusk.

HOW YOU CAN PREVENT ZIKA VIRUS FROM SPREADING
There is no specific vaccine for Zika. Prevention relies on avoiding mosquito bites.

You can protect yourself and your family by doing the following:

- Use appropriate mosquito repellents; those with at least 30% DEET (active ingredient in mosquito repellent).
- Wear long-sleeved shirts and long trousers especially during the hours of highest mosquito activity at dawn and dusk.
- Sleeping or resting in screened rooms, otherwise use mosquito nets, even during the day.

HOW DO YOU KNOW IF YOU OR YOUR FAMILY HAVE ZIKA?

Only 1 in 4 people who have Zika show symptoms. The most common symptoms of Zika are:

- Fever
- Rash
- Joint pain
- Muscle pain
- Red eyes (conjunctivitis)

The time between getting the virus and showing symptoms takes a few days to a week. The illness also may last several days to a week.

Most symptoms are mild, but occasionally complications occur. If you feel sick with any of the above symptoms, visit your health care worker.

DESTROY ALL MOSQUITO BREEDING SITES

Drain or discard sources of standing water in and around the house and at the community level (flower plates, and pots, used tyres, tree-holes and rock pools)

Tightly cover all water containers, barrels, wells and water storage tanks.

IMPORTANT MESSAGE FOR PREGNANT WOMEN

Due to the concerns about the possibility of severe outcomes for unborn babies, **women who are pregnant or seeking to become pregnant should consider delaying their travel to areas with current outbreaks of Zika.**

If they do travel or reside in these areas, they should strictly avoid getting bitten.