ZIKA IN THE TORRES STRAIT

Zika and dengue are in many tropical countries. These viruses can be spread by Aedes aegypti and Aedes albopictus mosquitoes from someone who has travelled to countries where there is dengue or Zika. Both of these species of mosquitoes live in the Torres Strait.

Protect yourself and your family from the Zika/dengue mosquito.

email: zika@health.qld.gov.au
phone: 1800 336 483
WHAT IS ZIKA?
Zika is a virus carried by mosquitoes.

The mosquitoes that can spread dengue and Zika from person to person are called *Aedes aegypti* and *Aedes albopictus*.

Zika can also be spread through sex.

If you do get any symptoms, they are usually mild and last up to a week. Symptoms can include:

- Red eyes
- Fever
- Rash
- Joint pain

HOW CAN I GET ZIKA?

- A bite from an infected mosquito in a country with Zika
- A bite from an *Aedes aegypti* or *Aedes albopictus* mosquito bite when there is a local outbreak in north Queensland
- Having sex with an infectious partner (who may have got the virus overseas or in a local outbreak)
- Zika can also be passed from a pregnant woman to her unborn baby, which can sometimes cause severe birth defects

HOW CAN I PROTECT MY FAMILY?

**Protect yourself**

- Use insect repellent, with DEET or Picardin.
- Wear long clothing.
- If you or your partner are pregnant or could get pregnant, don’t travel to countries with Zika or dengue.

**Protect an unborn baby**

- Talk to the health centre about delaying getting pregnant.
- If you/your partner have Zika or were exposed to Zika in recent months, use condoms or don’t have sex.
- Visit your health centre for advice.

Protect your home

- Kill mosquitoes every month using long-acting surface spray* in dark hiding places, behind and under furniture, in and around your home.
- Repair insect screens on doors and windows.
- Tip out, throw out, or store anything that can hold water in your yard.

Talk to your local health centre for advice and support.

SCAN QR CODE TO WATCH A CLIP ON “HOW TO SPRAY YOUR HOME” or visit: http://bit.ly/2gP70Rz

* crawling insect or cockroach surface spray