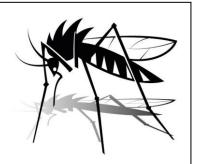
#### **CALAMBA MEDICAL CENTER**



**CALAMBA DISEASE PREVENTION & CONTROL CENTER** 

# Mosquito-borne Illness Prevention



#### **Prevent Mosquito-borne Diseases**

- Dengue, Chikungunya & Zika are transmitted by mosquitoes (Aedes aegypti & Aedes albopictus).
- People of all ages can be infected with mosquito-borne diseases such as Dengue, Chikungunya & Zika.
- It is everyone's responsibility to take steps to reduce the risk of infection.
- People may start to experience symptoms 4–10 days after the bite from an infected mosquito.
- Symptoms may last 3–7 days.
- Infected humans can transmit the virus that carries dengue, chikungunya or zika to uninfected mosquitoes for 4-5 days (maximum 12) after their first symptoms appear.
- Mosquito-borne diseases cannot be spread directly from person to person.

### Most Common Symptoms \*Dengue\*

- Flu-like symptoms
- High Fever
- Severe Headache
- Severe pain behind the eyes
- Muscle, bone and joint pain

## Most Common Symptoms \*Chikungunya\*

- High Fever
- Severe joint pain
- Headache
- Muscle pain

## Most Common Symptoms \*Zika\*

- High Fever
- Rash
- Joint pain
- Conjunctivitis (red eyes)

## What To Do If You Think You Have Dengue, Chikungunya or Zika

- Consult a medical provider
- Rest and drink plenty of fluids
- Avoid mosquito bites to minimize transmission

#### **How To Prevent The Bite**

- PROTECT YOURSELF
- **CLOTHING:** Cover up. Wear shoes, socks, long pants, and long sleeves.
- REPELLENT: Apply mosquito repellent to bare skin and clothing. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective. Use mosquito netting to protect children younger than 2 months.
- COVER DOORS AND WINDOWS WITH SCREENS: Keep mosquitoes out of your house. Repair broken screens on windows, doors, porches, and patios.
- DRAIN STANDING WATER
- DRAIN: Garbage cans, house gutters, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.
- **DISCARD:** Old tires, bottles, cans, pots and pans, broken appliances and other items that aren't being used.
- **EMPTY AND CLEAN:** Birdbaths and pets' water bowls at least once or twice a week.
- **PROTECT:** Boats and vehicles from rain with tarps that don't accumulate water.
- **MAINTAIN:** The water balance (pool chemistry) of swimming pools. Empty plastic pools when not in use.

For more information please call:

Calamba Medical Center - Calamba Disease Prevention &

Control (CDCC) at (049) 5456080 loc. 3105

additional resources please visit:

http://www.cdc.gov/zika/