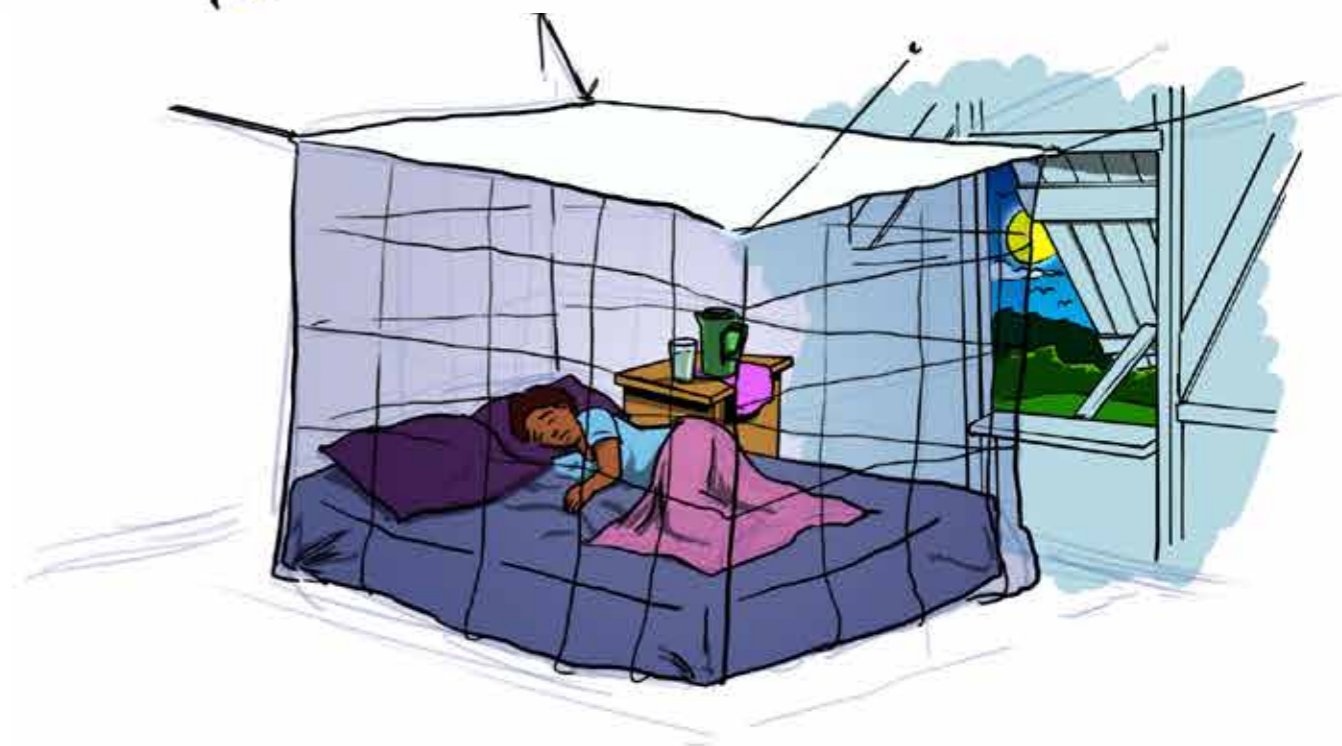
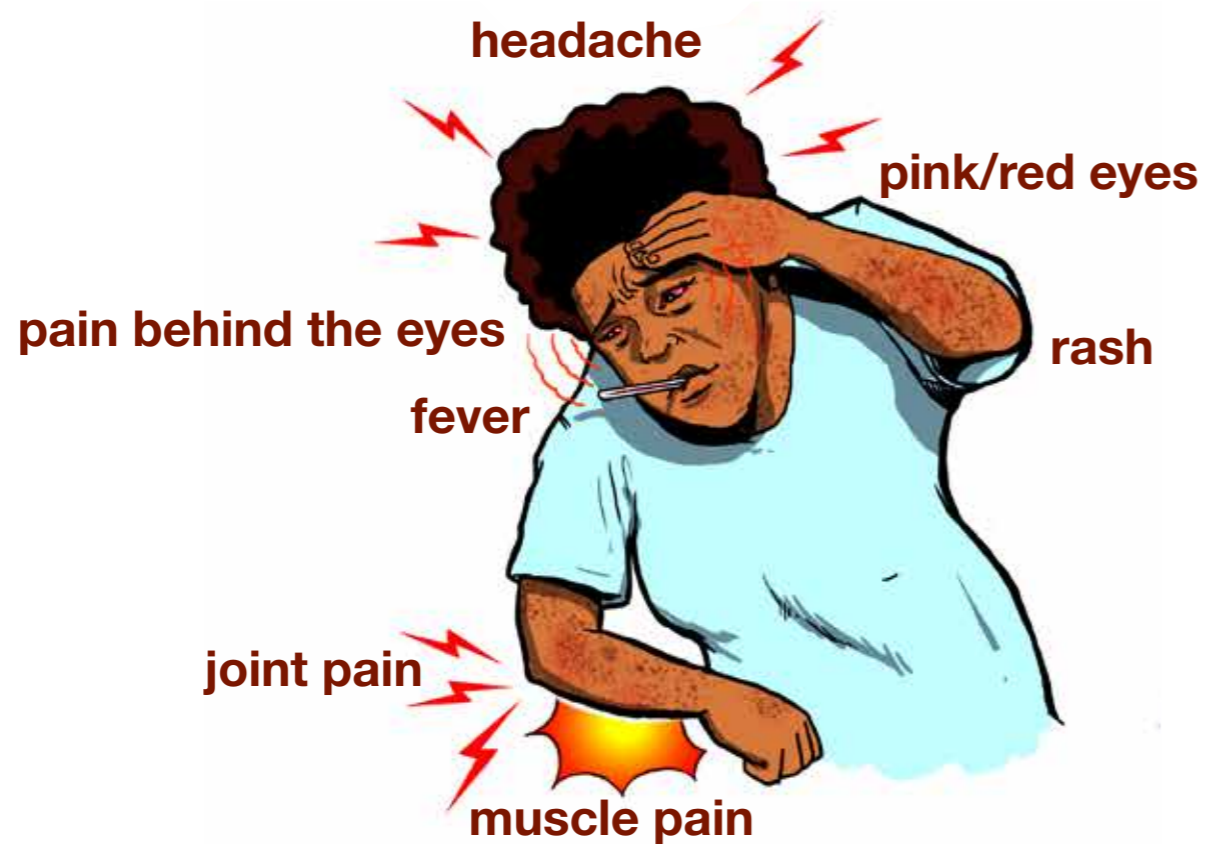


Act on Dengue, Chikungunya and Zika (May 2016)



Epidemic Control for Volunteers

Pacific Toolkit - Disease tool

Point to picture of mosquitoes biting a woman

Question: What do you see in this picture?

Response:

- mosquitoes biting a woman.

Question: What do you know about Dengue, Chikungunya and Zika?

Responses:

- they are diseases caused by the bite of an infected mosquito
- mosquitoes carrying Dengue, Chikungunya and Zika live around houses, schools and work places and bite during the day, especially in the early morning and around sunset.

Question: Do you know anyone who has had Dengue, Chikungunya or Zika?

Ask people to share their stories about Dengue, Chikungunya or Zika. If someone has a story, ask them to talk about what time of year the person got sick and the signs of the disease and the action they took. If nobody replies go to the next question.

Point to the picture of the sick woman with the thermometer in her mouth who has the signs of these diseases

Question: What are some signs of Dengue, Chikungunya and Zika?

Responses:

- When a person has **Dengue** the common signs are – fever, headache, pain behind the eyes, pain in the joints, pain in the muscles. It is less common for people to have a skin rash
- When a person has **Chikungunya** the common signs are - fever, pain in the joints, pain in muscles, a skin rash
- When a person has **Zika** the common signs are - fever, skin rash, pain in the joints, pain in the muscles, red eye or pink eye. (Only 1 out of 5 people infected with Zika will show signs of the illness).

A person may not have **ALL** of the signs listed above, but they may still have the disease.

Point to the picture of the woman being taken to the health centre

Question: What should you do if you or anyone you know has these signs?

Response:

- go to the health centre or hospital, or see a health worker quickly
- parents should take sick children to see their health worker as soon as possible
- pregnant women should quickly see their health care provider to receive information and so their pregnancy can be closely monitored

Point to the picture of the sick woman sleeping under a mosquito net

Question: What things can you do at home to care for a person with Dengue, Chikungunya or Zika?

Responses:

- encourage them to get plenty of rest
- give them plenty of fluids to drink (like clean water, coconut water, or soup)
- Paracetamol (Panadol) can be given to treat fever or pain. Always follow the instructions on the packet so you give the right dose.
- do NOT give the sick person aspirin or ibuprofen to treat fever or pain
- prevent mosquitoes from biting the person while they are sick - because mosquitoes could then bite other people and spread the disease
- while the person is sick try to:
 - ensure they sleep under a mosquito net at all times
 - ensure they wear clothing that covers the skin
 - ensure they use insect repellent if available.



Key messages

- Dengue, Chikungunya and Zika are diseases which are spread by the bite of an infected mosquito
- If you see signs of Dengue, Chikungunya or Zika get to the health centre or hospital, or see a health worker quickly
- Pregnant women should quickly see their health care provider to receive information and so their pregnancy can be closely monitored.



Take Action

- What is one thing you will DO to get rid of mosquito breeding areas around your house?
- How will you remember the signs of Dengue, Chikungunya and Zika?