

You can Prevent Dengue, Chikungunya and Zika (May 2016)



Epidemic Control for Volunteers

Pacific Toolkit - Disease tool

Question: What do you see in these pictures?

Responses:

- rubbish, a tyre, a drum, containers and coconut shells collecting water which is attracting mosquitoes
- people cleaning around their house
- insect repellent
- a pregnant woman wearing clothing that covers her skin
- screens on windows and a door
- a woman and child sleeping under a mosquito net.

Point to the picture of the mosquitoes flying around the rubbish and objects containing water

Question: Where do mosquitoes which carry Dengue, Chikungunya and Zika live and breed?

Response:

- they live around houses, schools and work places
- they breed in still water and lay their eggs in objects where water collects - such as tyres, empty containers, plastic bottles and coconut shells
- they only need a small amount of water to lay their eggs in – a container as small as a bottle cap holds enough water

Information to share and discuss: After heavy rains, floods and cyclones there is an increased risk of Dengue, Chikungunya and Zika because there are more breeding sites due to rainfall and water collection in debris and rubbish.

Question: What time of day do these mosquitoes bite?

Responses:

- they bite during the day, especially in the early morning and around sunset

Point to the pictures of people cleaning up around their house

Question: What are some of the ways you can prevent mosquitoes from breeding near your house?

Responses:

- keep all water containers covered of all the time
- clean and scrub water containers often to remove any eggs
- get rid of objects where water collects such as tyres, empty containers, plastic bottles and coconut shells

- if containers collecting water cannot be thrown out turn them over, fill them with sand or cover them
- change water in pot plants and vases once a week
- make sure roof guttering and drains around the house are clear
- remove rubbish from around your house as often as possible
- repair broken or leaking pipes at home or in your community or report the problem to the appropriate authorities and make sure they follow it up
- get rid of mosquito breeding grounds in public places or the workplace or report the problem to the appropriate authorities and make sure they follow it up.

Point to the pictures of the insect repellents, the pregnant woman wearing clothing that covers her skin, screens on door and windows, and the mother and child sleeping under a mosquito net

Question: What are some ways you can protect yourself and your family from mosquito bites?

Responses:

- use insect repellent recommended by health authorities – it is safe for everyone to use except for babies under 2 months
- wear clothing that covers the skin – light coloured clothing if possible
- use screens on doors and windows to keep mosquitoes out of buildings
- sleep under a mosquito net at all times - especially when sleeping during the day, and in the early morning and around sunset
- always wear protective clothing and use insect repellent when getting rid of breeding sites.

Important information on Zika to share and discuss:

- *everyone has the same risk of getting infected with Zika*
- *Zika is caused by the bite of an infected mosquito*
- *Zika can be spread during sex by a man infected with Zika to his partners*
- *pregnant women infected with Zika can pass the virus to their baby. There is strong evidence that Zika in pregnancy may cause birth abnormalities*
- *only 1 out of 5 people infected with Zika will show signs of the illness. Zika is usually a mild illness.*

Zika question: What are some things that pregnant women and women planning to become pregnant can do to protect themselves from Zika?

Responses:

- Take special care to prevent mosquito bites:
 - use insect repellent recommended by health authorities - the use of insect repellent is safe and effective for pregnant women
 - wear clothing that covers the skin – light coloured clothing if possible
 - sleep under a mosquito net at all times - especially when sleeping during the day, and in the early morning and around sunset
- pregnant women should go to the health clinic, hospital or see a health worker early in their pregnancy for advice
- pregnant women and their sexual partners who live in an area with a Zika outbreak should follow the recommendations of the health authorities
- to prevent sexual transmission of Zika virus during pregnancy, couples with male partners who live in or travel to areas with Zika outbreaks should use a condom every time they have sex during the pregnancy
- women considering pregnancy and their partners living in an area with a Zika outbreak should consider deferring pregnancy until the outbreak is declared over by health authorities.



Key messages

- Dengue, Chikungunya and Zika mosquitoes live around houses, schools and work places and breed in still water.
- To prevent Dengue, Chikungunya and Zika - Clean Up, Cover Up and Keep it Up!



Take Action

- What is one thing you will DO to get rid of mosquito breeding areas around your house?
- What is one thing you will DO to avoid getting mosquito bites?