



WHAT IS THE RED CROSS DOING ABOUT ZIKA?

The Antigua and Barbuda Red Cross is working around the clock to respond to the Zika Virus outbreak.

The Red Cross' work includes Public Awareness Campaigns such as PSA's, Printed Materials and Community Outreach including Townhall Meetings and School Sensitization as well as Educational Forums and Social Media Campaigns.



#ZIKA

PROTECTING THE ELDERLY



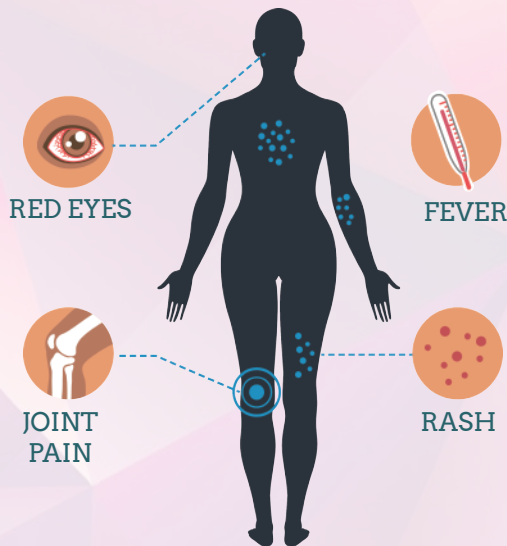
Antigua and Barbuda Red Cross
Old Parham Road
P.O Box 727
St. John's
Antigua

#ZIKA

WHAT IS ZIKA?

Zika is a virus transmitted by the Aedes mosquito which also transmits Dengue and Chikungunya.

COMMON SYMPTOMS



Onset is usually 2 - 7 days after the mosquito bite



1 in 5 people with Zika infection develops symptoms

IMPLICATIONS FOR OLDER ADULTS

- As people age, their immune systems weaken. This can make it harder to fight off illness and infection. It may be more difficult for an older person to recover from Zika than a younger person. It may also make the body more susceptible to other illnesses.
- Guillain-Barré syndrome (GBS) is associated both with older age and Zika virus. GBS is a rare disorder that causes a person's immune system—how the body fights off disease—to damage its own nerve cells. It can cause muscle weakness and paralysis, sometimes affecting the muscles that control a person's breathing. In severe cases, GBS can result in death. Risk for GBS increases with age, and people age 50 and older are most affected.
- Age does not protect you from sexually transmitted diseases. Zika can be passed from a person who has the virus to his or her sex partners. No matter how old you are, you should practice safe sex and use condoms if you or your partner show symptoms or have recently traveled to an area where Zika is found.

PREVENTION AND TREATMENT

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites.



WEAR PROTECTIVE CLOTHING



CONTROL MOSQUITOES



APPLY INSECT REPELLENT



USE A BED NET

TREATMENT OF SYMPTOMS



Get plenty of rest



Drink fluids to prevent dehydration



Take medicine such as acetaminophen to reduce fever and pain.



Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs).



If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.