

# #ZIKA | PROTECTING THE ELDERLY

Zika is a virus primarily spread through bites of infected mosquitoes. The elderly are at a disadvantage when it comes to the Zika virus since their immune systems are not as strong as they once were, making it tougher to fight off infections.



**#FightTheBite**  
PREVENTING ZIKA



**WEAR PROTECTIVE CLOTHING / LONG SLEEVE AND LIGHT COLOURS**

**KEEP WINDOWS & DOORS CLOSED TO KEEP MOSQUITOES OUT**

**APPLY INSECT REPELLENT AS DIRECTED**

**CHECK FOR BREEDING SITES AND USE A BED NET DURING THE DAY**

## ZIKA AND GUILLAIN-BARRÉ SYNDROME

Guillain-Barré syndrome (GBS) is a rare sickness of the nervous system in which a person's own immune system damages the nerve cells, causing muscle weakness, and sometimes, paralysis. Current research suggests that GBS is strongly associated with Zika; however, only a small proportion of people with recent Zika virus infection get GBS.



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