

WHAT TO DO NOW

- **At your home:**



Screen doors and windows



Tip out, store or throw away anything that can hold water in your yard



Kill mosquitoes every month using long-acting surface spray in dark hiding places in and around your home (see Youtube link below)



WHAT TO DO IF THERE IS ZIKA IN YOUR AREA

- **Delay getting pregnant**
- **If you are already pregnant:**



Abstain from sex or use condoms throughout your pregnancy



See your doctor for regular monitoring



ZIKA

email: zika@health.qld.gov.au
web: www.health.qld.gov.au/zika
phone: 1800 336 483



ZIKA AND YOUR PREGNANCY

For pregnant women and women planning pregnancy in north Queensland



Queensland
Government

**DON'T INVITE
THE BITE**



HOW CAN YOU GET ZIKA?

- A bite from an infected mosquito in a country with Zika virus

OR

- An *Aedes aegypti* mosquito bite when there is a local outbreak in north Queensland

OR

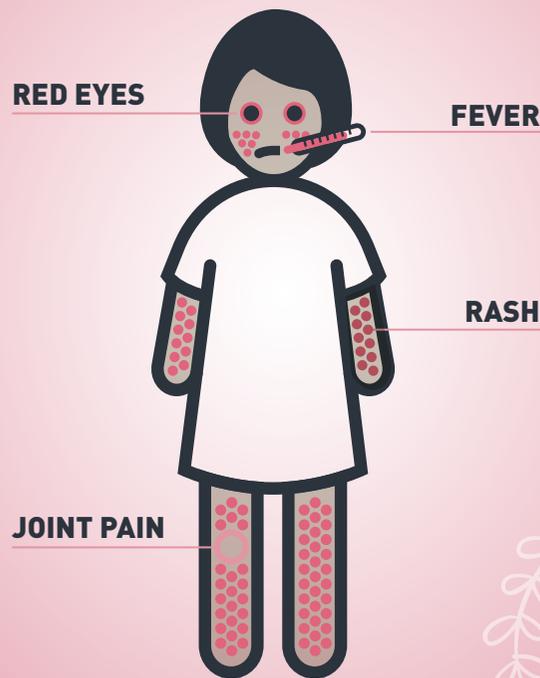
- Having sex with an infectious partner (who may have got the virus overseas)

HOW CAN ZIKA AFFECT YOUR PREGNANCY?

- If you get Zika virus while pregnant, it can pass on to the baby, which can happen at any stage of pregnancy
- Zika virus can sometimes cause miscarriage, birth defects such as microcephaly, or other developmental problems

HOW WILL YOU KNOW IF YOU HAVE ZIKA?

- You may not feel sick at all – Zika virus can be very mild
- You may feel sick with any of these symptoms:



There is NO vaccine or medicine for Zika so prevention is vital.

WHAT TO DO IF YOU SUSPECT ZIKA INFECTION

- See your GP for a check-up – you may need blood and urine tests

ZIKA IN NORTH QUEENSLAND

Zika and dengue viruses can be spread by a particular mosquito – *Aedes aegypti*.

Many tropical countries have these viruses. If a person who is sick with Zika virus travels to north Queensland, *Aedes aegypti* mosquitoes here could bite them and start an outbreak.

This mosquito breeds in containers holding water around your home. It sneaks into your home and bites quietly during the day.

Protect yourself and your family from the Zika mosquito.