

THE DISABILITY RIGHTS CENTER OF THE VIRGIN ISLANDS

KNOWLEDGE IS POWER!

SPREADING AWARENESS OF ZIKA VIRUS



OVERVIEW

- Definition of Zika
- How do you get Zika?
- Symptoms of Zika
- Statistics
- Prevention
- Getting Tested
- Resources



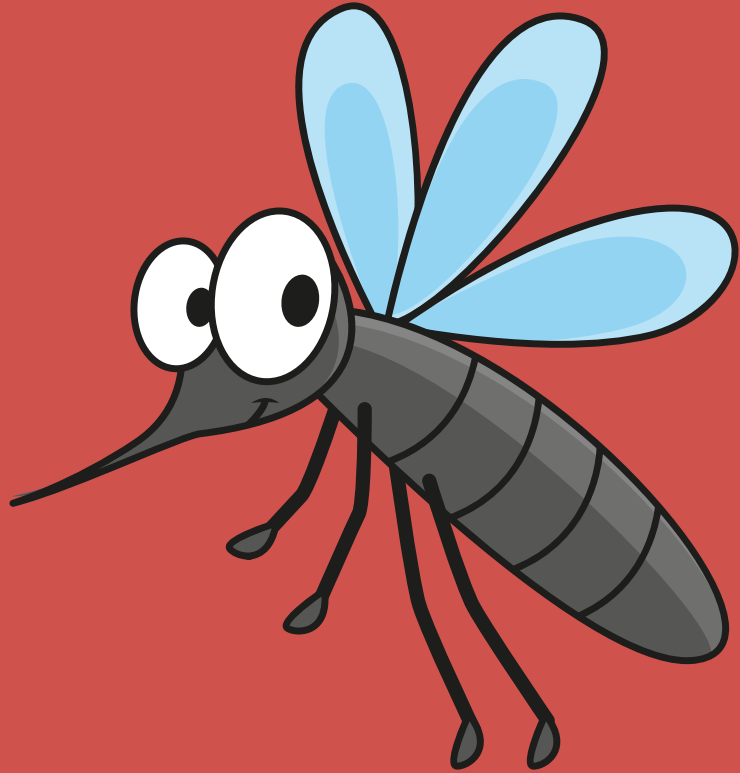
DEFINITION

WHAT IS ZIKA

Zika is a virus that is primarily spread by a mosquito that bites during the day and the night and it can be sexually transmitted.

Zika is particularly dangerous for pregnant women as it can result in miscarriage, stillbirths, and severe birth defects such as microcephaly.

SOURCE: CDC.GOV



HOW DO YOU GET IT?

Zika is primarily a mosquito-borne illness that can be spread in various ways:

- Infected blood - transfusion
- Sexual transmission - can last up to 188 days in semen and in women for up to 2 months
- In pregnancy - can be passed on to fetus from mother
- If one infected person is bit and the same mosquito bites someone else

SYMPTOMS

Symptoms include fever, red eyes, rash, headache and joint pain.

Can last several days to a week.

SEVERE SYMPTOMS

Those most at risk for severe symptoms include:

Infants

Older adults

Pregnant Women

Persons with underlying medical conditions

250+

Zika positive cases of
pregnant women in the
Territory

1,021

Zika positive cases in the USVI

HOW TO PROTECT YOURSELF

There are multiple resources and steps you can take to prevent getting Zika:

- Use DEET mosquito sprays
- Use condoms or abstain from sex while pregnant
- Use mosquito nets over beds and cribs
- Wear long sleeve-shirts and long pants
- Stay in places with screens



LEARN MORE

There's only one way to find out if you're Zika positive and that's to get tested.

Ask your healthcare provider for more info or contact Department of Health.

St. Croix

Call Department of Health
(340) 712-6205

St. Thomas and St. John

Call Department of Health
(340) 774-7477 ext. 2065



Tested positive?

MAKE A PLAN WITH YOUR HEALTHCARE PROVIDER

EDUCATE YOURSELF:

WWW.CDC.GOV

WWW.DOH.VI.GOV

WWW.ZIKACARECONNECT.ORG

FIND AN ADVOCATE TO HELP:

WWW.DRCVI.ORG

WWW.FAMILYVOICES.ORG

WE ARE HERE FOR YOU



CALL US AT (340) 772-1200

WWW.DRCVI.ORG