ZikaActionGUIDE

For Health Ministers

Community Activities

- **Help people access family planning services.**
- **Provide contraception and family planning guidance.**
- **Make male and female condoms available.**
- **Host discussions about family planning and preventing the spread of Zika through sex.**

HEALTH MINISTERS ROLE IN COMBATTING ZIKA

The role of health ministers in fighting Zika changes depending on which phase of transmission we are in. Health ministers often have important insights into the local culture and have earned the trust of community members. The following activities will help you fulfill the role of community leader most effectively.

Health Ministers are a Community Resource

As a health minister, you hold a uniquely powerful place in your community. Health ministers often have important insights into the local culture and have earned the trust of community members. You may even serve as community members' first point of contact for health concerns. As a trusted community leader, you can be a powerful partner in stopping the spread of Zika virus disease (Zika).

You can help motivate your local community to fight Zika. Most people infected with Zika virus do not have symptoms. If they do get sick, the illness is usually mild with symptoms lasting about a week. However, Zika infection during pregnancy can cause microcephaly and other severe fetal brain defects. Preventing mosquito bites helps stop the disease from spreading to pregnant women. Health ministers can stress the importance of protecting against mosquito bites, and can encourage people to stay vigilant in the fight against Zika.

The US Department of Health and Human Services recommends your community get involved in stopping the spread of Zika by reducing the number of mosquitoes in your area. You can also help people know what to do when someone in your area gets Zika, or if there are cases of local transmission. Communities that work together to make sure pregnant women receive the care they need will help prevent the spread of Zika.

Anytime Your Community May Be Concerned About Zika

MESSAGES

- Share updated, reliable Zika information with your community. Visit www.cdc.gov/zika for the latest information about Zika.
- Advise pregnant women to get prenatal care.
- Talk to young families and pregnant couples in your community to make sure they know the risks of Zika virus, and know how to connect with a doctor or healthcare provider if they're worried that they are infected with Zika.
- Talk to couples in your area who may be considering pregnancy and help them connect with a doctor or healthcare provider.
- Encourage pregnant women and their male or female partners to use condoms or dental dams every time they have vaginal, anal, and oral sex or not have sex during the pregnancy.
- Encourage people who are sick to use insect repellent for a week after the illness resolves.

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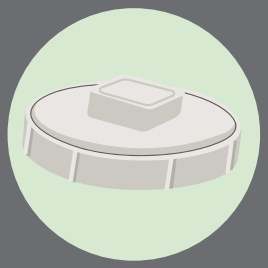
Before Mosquito Season

MESSAGES

- Host a Zika educational session, explaining how to recognize places where mosquitoes might live and lay eggs. Use plain language your community can understand.
- Distribute plain language posters, factsheets, and other materials at gatherings and through social media. Use what you know works for your congregations and communities.
- Share mosquito control education materials and personal protection measures.

ACTIVITIES

- Train volunteers to take steps to protect themselves from mosquito bites.
- Train volunteers to recognize and eliminate mosquito habitats.
- Establish a calendar for a monthly community walking activity to find and get rid of standing water sources where mosquitoes could lay their eggs. Make sure participants protect themselves from mosquito bites.
- Contact your local Medical Reserve Corps unit leader to discuss potential roles for volunteers to prepare for or respond to a Zika outbreak in the community. Find Medical Reserve Corps units at this website: http://www.medicalreservecorps.gov/FindMRC
- Identify and support the installation of screens in windows and doors in community centers and residences serving women of childbearing age.



Start of Mosquito Season*

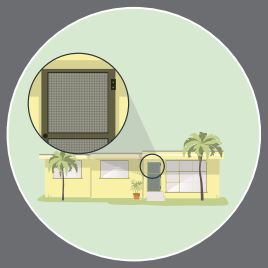
*In some southern states, mosquitoes are active year round. In more northern parts of the US, mosquito season starts later, typically in late spring and ending in the fall with the first frost.

MESSAGES

- Continue to raise community awareness of mosquito control strategies by hosting community meetings and sharing educational materials. Remind people they can reduce the number of places where adult mosquitoes rest by keeping vegetation trimmed and tall grass cut.
- Remind community members to take measures to prevent mosquito bites for three weeks after they return from travel to areas with Zika virus, even if they don't feel sick. People can be infected even if they do not have symptoms; mosquitoes can pick up the virus by biting them, and then spread the virus to other people. They should wear long-sleeved shirts and long pants, use insect repellent according to the label, and their homes should be air-conditioned or screened, if possible.

ACTIVITIES

- Establish a relationship with your local community health center. Visit findahealthcenter.hrsa.gov to find one.
- Grow your community-wide mosquito population reduction campaign. Once a week, empty and scrub, turn over, or throw out items that hold water.
- Use larvicides (chemicals that kill larvae) to treat water that cannot be covered or removed and that will not be used for drinking.



After the First Case of Local Transmission

MESSAGES

- Share up-to-date, reliable Zika information with your community. Visit www.cdc.gov/zika for the latest information about Zika. Use the CDC Zika Microsite (https://tools.cdc.gov/medialibrary/index.aspx#/microsite/id/234558) to embed Zika information on your organization's website. A first case may increase community concerns, and people in your community may want more information at this time.
- Encourage sick people to stay home and take steps to protect themselves from mosquito bites during the first week of illness.

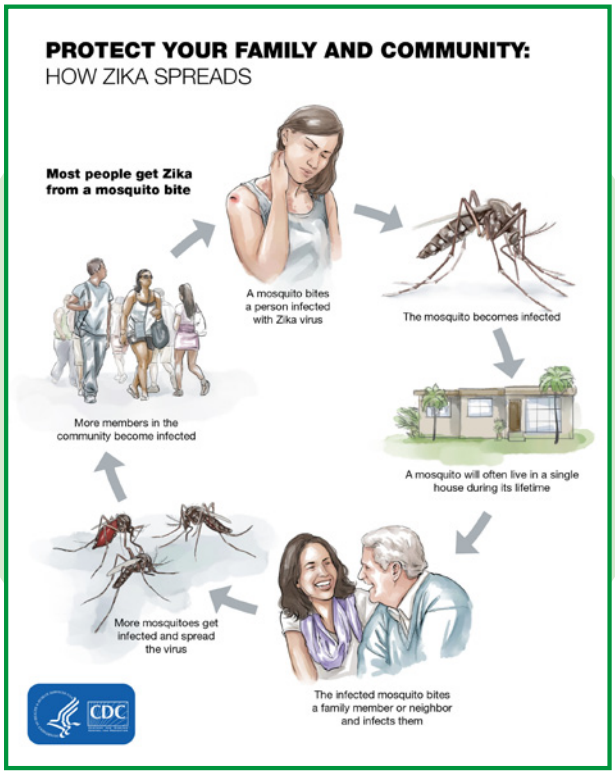
ACTIVITIES

- Create teams that can go door-to-door to help control mosquitoes around the home.
- Host open discussions about sexual transmission of Zika.
- Provide the opportunity for prospective parents to talk with each other and healthcare professionals about how to be safe.

During Active Zika Transmission in Your Community

MESSAGES

- Encourage people sick with Zika to take steps to prevent mosquito bites during the first week of illness, while sick, and a week after getting better. Because symptoms can be mild, remind community members that they are not staying home just for their own well-being but also for the safety of their community.
- Meet with employers and work to create a culture of health and wellness in the community so that people feel encouraged to stay home when mildly sick.
- Encourage community members to wear light weight, light colored long-sleeved shirts and long pants, and lead by example—even if it is hot.



ACTIVITIES

- Continue to manage community-wide mosquito control activities. Empty and scrub, turn over, or throw out items that hold water. Doing this at least once a week is best.
- Increase the number of indoor recreational activities to help decrease the amount of time people are exposed to mosquitoes.
- Host events for community members to treat clothing and gear with permethrin or buy permethrin-treated items.

Travel

CDC recommends special precautions for pregnant women. Pregnant women should avoid travel to any area with Zika. If someone in your congregation or community must travel to one of these areas, please advise them to talk with their doctor or healthcare provider first and strictly follow steps to prevent mosquito bites during their trip.

After returning from the trip, travelers should take steps to prevent mosquito bites for three weeks to avoid infecting local mosquitoes, which can then infect other people.

Encourage men and women who have traveled to areas with Zika to use condoms correctly, every time they have vaginal, anal, and oral sex or not have sex during the pregnancy. This may help prevent sexual transmission of Zika.

Resources

ZIKA VIRUS

- Symptoms, diagnosis, and treatment of Zika: http://www.cdc.gov/zika/symptoms/index.htm
- Zika travel information: http://wwwnc.cdc.gov/travel/page/zika-travel-information
- What we know and do not know about Zika and pregnancy: http://www.cdc.gov/zika/healtheffects/index.html
- CDC recommendations for couples thinking about pregnancy: http://www.cdc.gov/zika/pregnancy/thinking-about-pregnancy.html
- Sexual transmission of Zika virus: http://www.cdc.gov/zika/transmission/sexual-transmission.html

PREVENTION

- Basic prevention advice: http://www.cdc.gov/zika/prevention/
- Advice for controlling mosquitoes at home: http://www.cdc.gov/zika/prevention/controlling-mosquitoes-at-home.html
- Mosquito-proofing septic tanks: http://www.cdc.gov/zika/pdfs/septictankfactsheetenglishncezid.pdf
- Building a Zika prevention kit: http://www.cdc.gov/zika/prevention/prevention-kit.html
- Advice for pregnant women to protect themselves: http://www.cdc.gov/zika/pregnancy/protect-yourself.html
- How to prevent sexual transmission of Zika http://www.cdc.gov/zika/transmission/sexual-transmission.html

COMMUNICATION RESOURCES

- Print Resources: http://www.cdc.gov/zika/fs-posters/index.html
- Infographics: http://www.cdc.gov/zika/comm-resources/infographics.html
- Zika video resources: http://www.cdc.gov/zika/comm-resources/video.html

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SYMPTOMS DIAGNOSIS, & TREATMENT OF ZIKA

SYMPTOMS

- Many people infected with Zika virus won't even know they have it because they won't have symptoms. For those who do get sick, the illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito.
- The most common symptoms are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache. The time from exposure to symptoms for Zika is not known, but is likely to be a few days to a week.
  - Women who are pregnant and have a fever, rash, joint pain, or red eyes within 2 weeks after traveling to a place with Zika should see a doctor or other healthcare provider and tell the doctor or healthcare provider about their recent travel history.
- People usually don't get sick enough to go to a hospital, and they rarely die of Zika.

DIAGNOSIS

- The symptoms of Zika can be similar to other diseases.
- Encourage community members to visit a healthcare provider if they have the symptoms described above and have visited an area with Zika. They should tell their healthcare provider where they traveled.
- Healthcare providers can order blood or urine tests to look for Zika or other similar viruses like dengue or chikungunya.

TREATMENT

- There is no vaccine to prevent Zika and no medicine to treat it.
- Treat the symptoms by:
  - Getting plenty of rest.
  - Drinking fluids to prevent dehydration.
  - Taking medicine such as acetaminophen (Tylenol®) to relieve fever and pain.
- Do not take aspirin, ibuprofen (like Advil or Motrin), or other non-steroidal anti-inflammatory drugs, commonly referred to as NSAIDs, until dengue can be ruled out.
- If you are taking medicine for another medical condition, talk to your doctor or healthcare provider before taking additional medication.