



EMBASSY OF THE REPUBLIC OF THE PHILIPPINES
फिलीपीन्स गणराज्य का दूतावास
NEW DELHI

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**ADVISORY ON ZIKA VIRUS FOR FILIPINOS
IN INDIA AND NEPAL**

The Embassy of the Republic of the Philippines-New Delhi wishes to provide the attached advisory on Zika Virus from the Department of Health (DOH)-Philippines dated 02 February 2016.

The Advisory contains information on Zika Virus, the signs and symptoms by the disease, as well as how to prevent and treat the same.

Filipinos in India and Nepal are advised to take necessary precautions to avoid contracting the disease, and to seek immediate medical attention when symptoms similar to dengue are manifested.

The Embassy also provides a list of countries and territories with recent local Zika Virus transmission.

For information and guidance.

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ADVISORY

ZIKA VIRUS

Key facts

- Zika virus infection is a vector-borne disease caused by a flavivirus. This occurs in tropical countries with large mosquito population.

Transmission

- Zika virus is transmitted to people through the bite of an infected mosquito from the Aedes genus, mainly Aedes aegypti in tropical regions.
- Mosquitoes that spread Zika bite aggressively during the day.
- This is the same mosquito that transmits Dengue and Chikungunya.

Signs and Symptoms

- Common symptoms include fever, rash, joint pain, or conjunctivitis.
- Other symptoms include muscle pain, headache, pain behind the eyes, and vomiting.
- The illness is usually mild with symptoms lasting for 2-7 days.

Complication

- The baby inside the womb of a pregnant mother may develop abnormality in the size of its head due to incomplete brain development called microcephaly.

Prevention and Treatment

- Avoid infection by preventing mosquito bites.
 - Use insect repellents.
 - Use air conditioning or window/door screens.
 - Wear long-sleeved shirts and long pants or permethrin-treated clothing.
 - Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, or trash containers.
- People sick with Zika virus should get plenty of rest, drink enough fluids, and treat pain and fever with common medicines.
- If symptoms worsen, they should seek medical care and advice.

Countries and territories with recent local Zika virus transmission

Based on data reported by 17 February 2016

This table contains information on countries and territories that have recently experienced or are currently experiencing local Zika virus transmission.

Countries and territories	Affected in the past two months	Affected in the past nine months
American Samoa	Increasing or widespread transmission	Yes
Aruba	Sporadic transmission following recent introduction	Yes
Barbados	Increasing or widespread transmission	Yes
Bolivia	Sporadic transmission following recent introduction	Yes
Bonaire	Sporadic transmission following recent introduction	Yes
Brazil	Increasing or widespread transmission	Yes
Cape Verde	Increasing or widespread transmission	Yes
Colombia	Increasing or widespread transmission	Yes
Costa Rica	Sporadic transmission following recent introduction	Yes
Curaçao	Increasing or widespread transmission	Yes
Dominican Republic	Increasing or widespread transmission	Yes
Ecuador	Increasing or widespread transmission	Yes
El Salvador	Increasing or widespread transmission	Yes
Fiji	No	Yes
French Guiana	Increasing or widespread transmission	Yes
Guadeloupe	Increasing or widespread transmission	Yes
Guatemala	Increasing or widespread transmission	Yes
Guyana	Sporadic transmission following recent introduction	Yes
Haiti	Increasing or widespread transmission	Yes
Honduras	Increasing or widespread transmission	Yes
Jamaica	Sporadic transmission following recent introduction	Yes
Maldives	No	Yes
Martinique	Increasing or widespread transmission	Yes
Mexico	Increasing or widespread transmission	Yes
New Caledonia	No	Yes
Nicaragua	Increasing or widespread transmission	Yes
Panama	Increasing or widespread transmission	Yes
Paraguay	Increasing or widespread transmission	Yes
Puerto Rico	Increasing or widespread transmission	Yes
Saint Martin	Sporadic transmission following recent introduction	Yes
Samoa	Increasing or widespread transmission	Yes
The Solomon Islands	No	Yes
Suriname	Increasing or widespread transmission	Yes
Thailand	Sporadic transmission following recent introduction	Yes
Venezuela	Increasing or widespread transmission	Yes
Tonga	Increasing or widespread transmission	Yes
Vanuatu	No	Yes
Virgin islands(US)	Sporadic transmission following recent introduction	Yes

classification of countries above is based on: 1) number of reported autochthonous confirmed cases; 2) number of affected areas in the country; 3) duration of the circulation.