

ABOUT ZIKA



YOUR BEST PREVENTION AGAINST GETTING INFECTED
IS WITH PSC® MOSQUITOE REPELLENT

By Dominique Richard © 2016

Source:

Zika is spread mostly by the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). These mosquitoes are aggressive daytime biters. They can also bite at night.

Transmission:



Zika can be transmitted from a pregnant mother to her fetus. Infection during pregnancy are known to cause certain birth defects and neurologic abnormalities.

Zika can be transmitted through sexual activity from a person who has Zika to his or her sexual partners.

There is a strong suspicion that Zika virus maybe spread through blood transfusions.

Treatment and Vaccination:

At present there is no vaccine or medicine for Zika infections.

Area of Concerns:

The Florida Department of Health has identified an area in one neighborhood of Miami where Zika is being spread by mosquitoes.

ZIKA SYMPTOMS

Many persons infected with Zika virus will have no symptoms or will only have mild symptoms.

Possible Symptoms include:

- Conjunctivitis (red eyes)
- Fever
- Headache
- Joint pain
- Muscle pain
- Rash



Zika Rash Picture

Many people infected with Zika virus are asymptomatic. Characteristic clinical findings are acute onset of fever with maculopapular rash, arthralgia, or conjunctivitis. Other commonly reported symptoms include myalgia and headache. Clinical illness is usually mild with symptoms lasting for several days to a week. Severe disease requiring hospitalization is uncommon and case fatality is low.

Because of similar geographic distribution and symptoms, patients with suspected Zika virus infections also should be evaluated and managed for possible dengue or chikungunya virus infection in the differential diagnosis. Aspirin and other non-steroidal antiinflammatory drugs (NSAIDs) should be avoided ***until dengue can be ruled out to reduce the risk of hemorrhage***. People infected with Zika, chikungunya, or dengue virus should be protected from further mosquito exposure during the first few days of illness to prevent other mosquitoes from becoming infected and reduce the risk of local transmission.

Once a person has been infected with Zika, they are likely to be protected from future infections from memory B-cell antibodies of the adaptive immune system.

Why Zika is risky for some individuals

Zika infection during pregnancy can cause a birth defect of the brain called microcephaly and other severe fetal brain defects. Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as defects of the eye, hearing deficits, and impaired growth. There have also been increased reports of Guillain-Barré syndrome, an uncommon sickness of the nervous system, in areas affected by Zika. Immunocompromised individuals will also be more susceptible and results in worst of an infection than immune competent individuals.

How to Prevent Zika is with Insect Repellent

Mixed into a non BPA plastic spray bottle equal amount of the following embryonic plant extracts with equal amount of distilled water shake well and spray liberally and sufficiently on clothing and all exposed skin and avoid getting into the eyes. Repeat every time you bathed or swim also if you sweat a lot repeat as needed. This repellent will only have a 3 months' shelf life. Keep stored in cool dark place.

PSC® Mosquitoes Repellent

- Cedar of Lebanon – Cedrus Libani (young shoots)
- Juniper – Juniperus Communis (young shoots)
- Lemon Tree – Citrus Limonum (bark)
- Rosemary – Rosmarinus Officinalis (young shoots)

At Home

Stay in places with air conditioning and window and door screens to keep mosquitoes outside.

Take steps to control mosquitoes inside and outside your home by spraying mosquitoes with the repellent directly or spray areas of vulnerable entry like doorways and make sure that window screens are not broken.

Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs.

Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.

Sexual Transmission

Prevent sexual transmission of Zika by using condoms or not having sex.

What to do if you get infected with Zika Infections

Treat the symptoms:

Get plenty of rest.

Drink fluids to prevent dehydration.

Boxwood – Buxus Sempervirens (young shoots) to reduce fever. Adult take 10 drops every hour until no fevers. Children under 80lbs take 5 drops and infant 2 drops always taken sublingually (under the tongue) into filtered water or organic apple juice.

Zika antiviral reducing activity is to add **Herpecell-Oral PSC®** a general antiviral. Adult dose is 25 drops every 2 hours until symptoms are gone no more than 6 times per day.

Children under 80lbs 15 drops and infant 5 drops always taken sublingually (under the tongue) into filtered water or organic apple juice.

To reduce body aches and pain take: **Crab Apple – Malus Sylvestris (buds) 1:10 double strength** Adult dose is 25 drops every 2 hours until pain is gone no more than 6 times per day. Children under 80lbs 15 drops and infant 5 drops always taken sublingually (under the tongue) into filtered water or organic apple juice.

Do not take aspirin or other non-steroidal antiinflammatory drugs (NSAIDs). However, you can instead take acetaminophen (Tylenol) as needed to reduce fever.

If you are taking prescription drugs or nutritional supplements for other medical conditions, please speak to your physician prior to taking any additional drugs.

If you have **Zika conjunctivitis** take **Visio-Protecto PSC®** Adult dose is 25 drops every 2 hours until redness is gone no more than 6 times per day. Children under 80lbs 15 drops and infant 5 drops always taken sublingually (under the tongue) into filtered water or organic apple juice.

References source <http://www.cdc.gov/zika/index.html>.