

# UNISSA, UTB take preventive measures against Zika

Rasidah HAB  
BANDAR SERI BEGAWAN

MORE than 200 of Universiti Islam Sultan Sharif Ali (UNISSA) students, lecturers and staff participated in a cleaning campaign aimed at maintaining cleanliness to counter mosquito-borne diseases such as Zika and dengue.

"The cleaning campaign focuses on the campus and the hostel areas. We have identified several potential mosquito breeding grounds around the campus such as drains and gutters, we will clear them today," Dean of Student Affairs Supri Hj Sudin said.

UNISSA continued the series of cleaning campaigns launched by higher educational institutions in the country to identify and eradicate potential mosquito breeding



sites.

Prior to the clean up, they were briefed on the importance of maintaining environmental sanitation or cleanliness by a medical officer from the Public Health Department, Dr Nylin Thiek (pic).

"Community engagement is the



UNISSA students, lecturers and staff take part in a cleaning campaign aimed at maintaining environmental cleanliness to counter mosquito-borne diseases such as Zika and dengue. Picture: BT/Rasidah HAB

most important role in vector management to minimise the mosquito population around our localities."

He lauded UNISSA's cleaning campaign.

"These are some measures that you can do at homes or (residential area). This includes making sure that all tanks, water deposits and containers are covered and sealed," he said.

He reminded those present to safely dispose of any unused containers and objects (such as old tyres or utensils) that can accumu-

late and serve as breeding sites.

Other measures include changing the water and brushing the insides of sinks and water barrels at least once a week; turning over containers that cannot be thrown away and to protect them from rain, to change the water in flower vases at least once a week and pouring the used water over the ground.

He added that it was also important to clean all drains and gutter and keep grass short and weed free, and to keep their respective compound clean.

In a separate venue, Universiti Teknologi Brunei (UTB) organised a talk to raise awareness on the Zika virus and educate staff and students on ways to prevent it.

A press statement from UTB yesterday said the talk was part of the Zika Awareness Programme, which was initiated by the university.

A Medical Officer from the Ministry of Health delivered the talk where he stressed that the prevention of Zika is a collective responsibility of all.

The Brunei Times



Universiti Teknologi Brunei (UTB) organised a talk to raise awareness on the Zika virus and educate staff and students on ways to prevent it. Picture: Courtesy of UTB

## Rizhao wants more Brunei visitors

Izzati Jalil  
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THE Chinese city of Rizhao is aiming to attract Bruneian visitors through information exchange programmes with the sultanate, said the city's vice mayor.

Tu Jingchang told *The Brunei Times* recently that Rizhao is keen to conduct exchange programmes with Brunei in a bid to boost tourism and bolster cooperation between Brunei and Rizhao.

"In the future we plan to send representatives to Brunei and Brunei can do the same. So we can create more awareness," said the vice mayor.

He added: "We want to know what Brunei requires from us in terms of business investments, and we want to attract tourists from Brunei by inviting the media and other

groups to promote us."

He said exchange programmes can help bridge cultural differences while promoting tourism, cultural and heritage sites in both countries.

"We want to know more about Brunei and its potential tourism-infrastructure projects that can be explored by Rizhao businesses," he said.

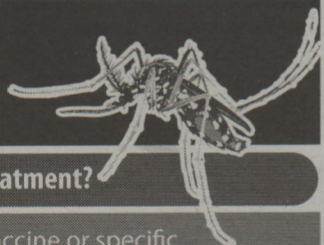
Jingchang also vowed to strengthen its tourism industry by attracting tourists from other countries including Brunei.

"The (Chinese) government is very open to any foreign investment, including into Brunei, as we have a very close relationship," he said.

Situated in the Southeast of Shandong province, Rizhao is also an ideal holiday destination for Bruneians, said Jingchang.

The Brunei Times

## ZIKA VIRUS



### How is Zika infection prevented?

To prevent mosquito bites that transmit Zika:



Cover skin and wear long sleeve especially during peak feeding times of the mosquito which are during the early morning and late afternoon/evening hours



Use insect repellent as recommended by health authorities



Sleep protected by mosquito nets



At least once a week, empty, clean, turn over, cover and/or dispose of containers that can hold water, such as tires, buckets and flower pots, both inside and outside of dwellings to eliminate mosquito breeding sites



Use screens or mosquito nets in windows and doors to reduce contact with mosquitoes

Controlling the breeding sites of Aedes mosquitoes reduces the likelihood of transmission of Zika, chikungunya, and dengue

### Is there a treatment?

There is no vaccine or specific drug against this virus. Only pain and fever can be treated.

Patients with symptoms of Zika infection should:



Get plenty of bed rest



Wear clothing that covers arms and legs



Take medicine to relieve fever and pain



Use mosquito nets when napping



Drink plenty of liquids



If symptoms worsen or complications develop, see a doctor immediately



#zika  
#FightAedes  
#ZikaVirus  
www.paho.org/zikavirus