

## SYMPTOMS

Most people infected do not experience any symptoms or have only mild symptoms, however, those who do fall sick have:

- **Nausea and vomiting.**
- **Headache**
- **High Fever.**

Severe complications include:

- **Paralysis**
- **Seizures**
- **Disorientation**
- **Coma**
- **Permanent brain damage and fatalities can occur.**



## TRANSMISSION

### Virus Distribution and Spread

Japanese Encephalitis is spread by mosquito bites and is consistently present throughout Myanmar. Japanese Encephalitis virus transmission occurs mainly in rural agricultural areas, associated with rice production and flooding irrigation however, these conditions can occur in some urban areas of Asia.

## RECOMMENDATION

### Prevention

- Consider vaccination if you are participating in activities that put you at higher risk (such as trekking, camping, spending time outdoors in rural areas), or spending a month or more in the country or endemic area.
- Prevent mosquito bites during the day and night.
- Use insect repellent, wear clothes that cover arms and legs.
- Use air conditioning or window/door screens to keep mosquitoes outside.
- Stop mosquitoes from laying eggs in or near water.
- Sleep under a mosquito bed net.

### Treatment

- There isn't a specific treatment for Japanese Encephalitis, but hospitalization for supportive care and close observation is generally required.
- Treat the symptoms: Rest and drink fluids to prevent dehydration.
- Take medicine to reduce fever and pain relievers.