

ZIKA VIRUS



Zika is a disease caused by Zika virus that is spread to people primarily through the bite of an infected mosquito.

It can also be transmitted from a pregnant mother to her baby during pregnancy or around the time of birth.

Cases of sexual transmission have been reported.

The virus is known to circulate in Africa, the Americas, Asia and the Pacific.

SYMPTOMS

About 1 in 5 people infected with Zika will get sick. For people who get sick, the illness is usually mild. For this reason, many people might not realize they have been infected.

The most common symptoms of Zika are **fever, rash, joint pain, conjunctivitis (red eyes), muscle pain and headache**. The incubation period (the time from exposure to symptoms) is not known, but is likely to be a few days to a week. These symptoms usually last for several days to a week.

DIAGNOSIS

See your healthcare provider if you develop the symptoms described above and have visited an area where Zika is found. Tell him when and where you traveled. He may order blood tests to look for Zika or other similar viruses.

TREATMENT

NO MEDICATIONS ARE AVAILABLE TO PREVENT OR TREAT ZIKA INFECTIONS.

Treat the symptoms:

- o Get plenty of rest
- o Drink fluids to prevent dehydration
- o Take medicine to relieve fever and pain

⚠ Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen (risk of bleeding).

IF YOU HAVE ZIKA, PREVENT MOSQUITO BITES

During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites. An infected mosquito can then spread the virus to other people.

PREVENTION

NO VACCINE EXISTS TO PREVENT ZIKA VIRUS DISEASE.

Prevent Zika by avoiding mosquito bites (Mosquitoes that spread Zika virus bite mostly during the daytime) and exposure to semen from someone who has been exposed to Zika (Men who go to affected areas should use condoms for 28 days after returning).

When **TRAVELING** to countries where Zika virus is found, take the following steps:

- o Wear long-sleeved shirts and long pants
- o Stay in places with air conditioning or use window and door screens to keep mosquitoes outside
- o Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites
- o Use insect repellents
 - o Always follow the product label instructions
 - o Reapply insect repellent as directed
 - o Do not spray repellent on the skin under clothing
 - o If you are also using sunscreen, apply sunscreen before applying insect repellent
- o Mosquitoes may bite through thin clothing. Treat clothes with permethrin or another Environmental Protection Agency (EPA)-registered insecticide for extra protection.

Content source:

Centers for Disease Control and Prevention
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