

Zika Virus Information

Transmitted through mosquito bites

The Zika virus is transmitted to humans primarily through the bite of an infected *Aedes* species mosquito (lay eggs in and near standing water and are aggressive daytime biters). The mosquitos become infected when they bite an infected person and can then spread the virus to other people through bites.

Rarely transmitted from mother to child

Possible for a mother infected with Zika virus near the time of delivery to pass the virus to her newborn at the time of birth – BUT THIS IS RARE. In the US, as of April 2016, there were 55 confirmed or suspected cases with 1 case of microcephaly.

Possible that transplacental passage can occur and is thought to be associated with microcephaly and possible neurologic abnormalities. To date no reports of transmission through breastfeeding.

Women who are pregnant in any trimester

Consider postponing travel to areas where Zika virus transmission is ongoing. If you must travel, talk to your doctor and strictly follow steps to prevent mosquito bites. Women trying to become pregnant talk to your doctor about plans to become pregnant and the risk of Zika Virus infection. Strictly follow steps to prevent mosquito bites during your trip.

Prevention

Prevent by avoiding mosquito bites:

Use insect repellent (DEET, picaridin, IR3535, oil of lemon eucalyptus and para-menthane-diol products). Treat clothing with permethrin. Wear long sleeved shirts and pants. Close windows and doors/ use AC. Empty standing water sources

If infected with Zika virus avoid mosquito bites for the first week of the illness

Sexual Transmission Prevention

Men who reside in or have traveled to area of active Zika virus transmission who have pregnant partner should abstain from sexual activity, OR consistently and correctly use condoms during sex (i.e. vaginal intercourse, anal intercourse, or fellatio) for the duration of the pregnancy.

Men who reside in or have traveled to area with active Zika virus transmission who have nonpregnant sex partner of child bearing age should do the following:

If man has confirmed Zika infection or illness consistent with Zika: condoms/abstain for at least 6 months.

If man did not develop symptoms: condoms/abstain for at least 8 weeks after leaving Zika affected area

After Zika infection, virus might persist in semen when it is no longer detectable in blood.

Possibly transmitted through infected blood

Possible report of spread through blood transfusion. Blood donation is deferred for 4 weeks if there is a history of Zika infection, recent travel to affected area or sexual contact with partner who has been in Zika-affected area within the last 3 months.

Symptoms

About 1 in 5 people infected with the Zika virus become ill or develop Zika.

Symptoms: fever, rash, joint pain, conjunctivitis (red eyes), muscle pain, headaches

Mild illness lasting for several days to a week with full recovery the normal course.

Severe disease requiring hospitalization is uncommon and deaths are rare but may include post-infection syndromes like Guillain-Barre.

Diagnosis

Blood tests are available after travel history for a period of time directly after.

Treatment

Treat symptoms. Get rest, drink fluids, take antipyretics such as Tylenol (avoid aspirin and NSAIDs until Dengue ruled out, due to risk of hemorrhage)

Avoid mosquito bites for the first week of your illness.

No vaccination or specific anti-viral medication exist.

Geographic distribution (can change – check CDC website)

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

Puerto Rico, Caribbean, Mexico, Central America, South America, Africa, Oceania/Pacific Islands, Asia