

Fight the Bite

ZIKA



VIRUS

BACKGROUND

- ▶ Zika virus is an arthropod-borne virus (arbovirus), primarily spread by infected mosquitoes
- ▶ It typically causes mild illness; however, it has been linked to neurological conditions (e.g. Guillain-Barré Syndrome) as well as birth defects (e.g. microcephaly) in newborns
- ▶ Local Zika transmission has been documented in Africa, Asia, the Pacific Islands, South and Central America, the Caribbean Islands, Puerto Rico, South Florida and Texas
- ▶ Additional small, sporadic outbreaks are expected to occur within certain areas of the southeast United States

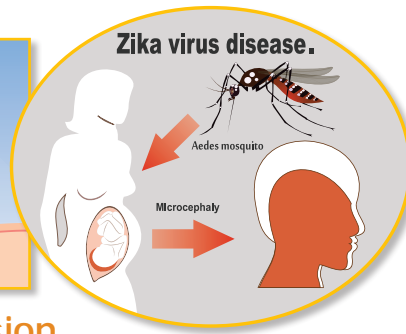
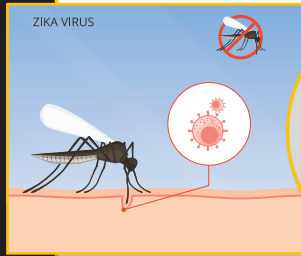
Map of countries associated with travel-related arboviral infections in Nebraska:

dhhs.ne.gov/ZikaMap

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Transmission

- ▶ Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito (*Aedes aegypti* or *Aedes albopictus*)
- ▶ A pregnant woman infected with Zika can pass the virus to her fetus during pregnancy or around the time of birth
- ▶ Zika can be passed through unprotected sex from a person with Zika to his or her partners
- ▶ Transmission through blood transfusions is also likely, but not confirmed

Symptoms

- ▶ Many people infected with Zika virus won't have symptoms or will only have mild symptoms
- ▶ Most common symptoms: fever, rash, joint pain, and/or red eyes
- ▶ Most people recover completely within a couple of days to a week
- ▶ Zika infection during pregnancy has been linked to several birth defects: microcephaly (smaller than expected head size), eye abnormalities, hearing impairment, seizures, growth-abnormalities and/or developmental delay



- ▶ Zika can also be a trigger for Guillain-Barré Syndrome, a debilitating neurological disorder
- ▶ Currently, there is no medication or vaccine available for the treatment or prevention of Zika

Prevention

- ▶ The best way to prevent Zika infection is to avoid mosquito bites in areas of ongoing transmission
- ▶ The following steps are recommended if traveling to an area with ongoing Zika transmission:
 - ▶ Wear long-sleeved shirts and pants
 - ▶ Use an EPA-registered insect repellent
 - ▶ Treat clothing and gear with permethrin
 - ▶ Choose a hotel with air conditioning or with screens on doors and windows
 - ▶ Sleep under a mosquito bed net if outside or in a room that is not well screened
 - ▶ Avoid mosquito bites for three weeks upon return home
- ▶ If pregnant or trying to become pregnant, the following steps are recommended:
 - ▶ Avoid travel to areas with a high risk of Zika transmission
 - ▶ Abstain from sexual intercourse
 - ▶ Use condoms correctly during sexual contact (vaginal, anal and oral)