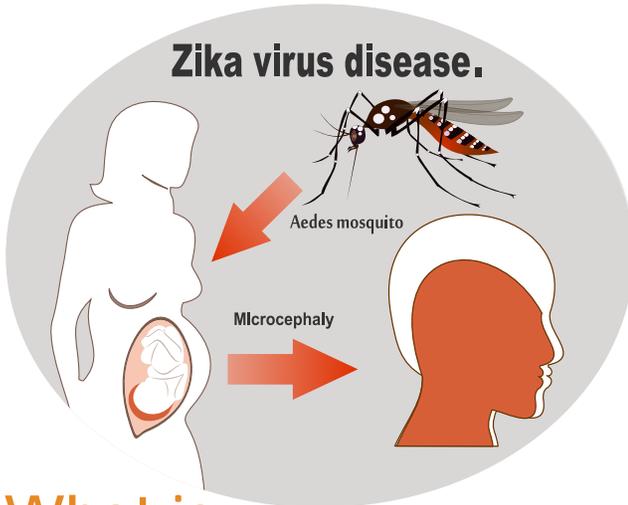


## Zika virus disease.



## What is Zika Virus?

**Z**ika virus is an arthropod-borne virus (arbovirus), primarily spread by infected *Aedes aegypti* (primary vector) or *Aedes albopictus* mosquitoes. Zika typically causes mild illness, however it has been linked to cases of a neurological condition called Guillain-Barré Syndrome as well as to birth defects (e.g. microcephaly) in newborn infants.

Zika virus has been documented in Africa, Asia, Pacific Island nations, and recently in areas of the Western Hemisphere. It was first detected in the Americas in May 2015 in Brazil, and has since spread across areas of Central and South America and the Caribbean. Small, sporadic outbreaks are expected to occur within certain areas of the south-eastern United States much like what has been seen in the past with dengue and Chikungunya viruses.

### Who is at risk?

Anyone living in or visiting an area where Zika virus is present in *Aedes* mosquitoes can get infected. Zika virus can also be spread through sexual contact.

“ Anyone living in or visiting an area where Zika virus is present in mosquitoes can get infected. ”

### FOR MORE INFORMATION

Centers for Disease Control and Prevention  
[www.cdc.gov/zika/](http://www.cdc.gov/zika/)

Nebraska Department of Health & Human Services  
<http://dhhs.ne.gov/zika/>

World Health Organization  
<http://www.who.int/emergencies/zika-virus/en/>



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# Fight the Bite

What you should know

## How is it transmitted?

Zika virus is a viral infection spread by mosquito bites (*Aedes aegypti* is the primary vector).

Although rare, there are a several routes in which Zika virus infections could potentially be transmitted:

- ▶ From mother to baby during pregnancy or delivery
- ▶ Sexual contact with an infected person
- ▶ Possibly by blood transfusions

“No vaccine or drug is currently available to prevent Zika virus infection.”

## What are the symptoms:

80% of people infected with the Zika virus show no symptoms. Mild, flu-like symptoms occur in about 20% of infected people and include:

- ▶ Fever
- ▶ Rash
- ▶ Joint pain/Muscle pain
- ▶ Conjunctivitis (red eyes)

Most people with these symptoms recover completely within a couple of days to a week.

## How can people reduce the chance of getting infected?

80% of people infected with the Zika virus show no symptoms.

No vaccine or drug is currently available to prevent Zika virus infection, and there is currently no specific anti-viral treatment for the disease. The best way to prevent infection is to avoid mosquito bites while in areas of ongoing transmission. Note: Mosquitoes that spread Zika virus bite mostly during the daytime, but bites should be avoided day and night.

Zika virus can cause birth defects, so the CDC recommends pregnant women consider postponing travel to any area where Zika virus transmission is occurring. Pregnant women, or women trying to become pregnant, who do travel to these areas should talk to their healthcare provider first, and should take strict steps to avoid mosquito bites during the trip.

The following steps are recommended if you must travel to an area with ongoing Zika virus transmission:

- ▶ Use an EPA-registered repellent. These are safe for pregnant women when used as directed
- ▶ Choose a hotel or lodging with air conditioning or with screens on doors and windows
- ▶ Sleep under a mosquito bed net if you are outside or in a room that is not well screened
- ▶ Wear long sleeved shirts and pants
- ▶ Abstain from or avoid unprotected sexual contact with a man who may have been exposed
- ▶ Use condoms during sex (vaginal, oral, and anal) the right way to properly lower risk

## What should you do if you suspect you have been infected?

Symptomatic individuals should avoid mosquitoes for the first week after symptoms begin.

If you or someone you know develops sudden fever, rash, joint aches, or conjunctivitis (red, irritated eyes) within two weeks of travelling to an area of ongoing Zika virus transmission, see your healthcare provider immediately, and report your symptoms and travel history. They will coordinate testing for Zika virus as appropriate and help manage your symptoms.

Because Zika virus is often transmitted in the same geographic areas as dengue fever, you should avoid taking aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue infection is ruled-out (may increase risk of severe symptoms). You may use acetaminophen to treat fever and other symptoms.

Finally, take strict steps to avoid mosquito bites. Symptomatic individuals should avoid mosquitoes for the first week after symptoms begin to avoid further spread of Zika virus. Individuals with no symptoms who have also traveled to areas with ongoing Zika transmission should also avoid mosquito bites for the first three weeks upon returning home due to the majority of cases showing no symptoms.

