

# Zika Virus



## ZIKA VIRUS

People can become infected through the bite of a mosquito that carries the Zika virus.

Only about 1 out of 5 people who become infected have any symptoms.

Symptoms usually begin between 3-5 days of infection, but can occur up to 2 weeks after infections. Symptoms usually last 3-5 days.

### Most Common symptoms of Zika virus:

Fever, maculopapular rash (small, raised red bumps on the skin), joint pain, and/or conjunctivitis (pink eye).

### Less common symptoms of Zika virus:

Headache, vomiting, muscle aches/pains, and/or a general feeling of discomfort, illness, or lack of well-being.

**Treatment** is focused on relieving symptoms. It is also important to remember **to avoid aspirin and/or non-steroidal anti-inflammatories** (Advil (ibuprofen), Aleve (Naproxen), etc.) and **use Tylenol** (acetaminophen) instead for suspected cases

Mosquitoes that spread the virus are daytime biters. They are the same type of mosquito that spreads dengue and chikungunya virus.

## POPULATIONS AT RISK

**Pregnant Women:** Because there is no cure for Zika virus, nor any medication to prevent a person from becoming infected, the CDC has recommended that all pregnant women consider postponing travel to areas where Zika virus is ongoing and commonly found.

**Women Considering becoming pregnant:** The American College of Obstetrics and Gynecology (ACOG) states that women should discuss potential travel plans to Zika virus affected areas with their OB/GYN's.

## CONCERNS

Zika Virus during pregnancy has been associated with birth defects, primarily significant microcephaly (a condition in which the baby's brain develops abnormally in the womb, or the brain does not grow as it should after birth. This results in the baby's head being significantly smaller than other children of the same age/sex.

## PREVENTION

If traveling to countries/regions where Zika or other viruses are commonly spread by mosquitoes, take the following precautions:

- Wear long-sleeved shirts and long pants
- Use air-conditioned places or places that have screens on windows and doors to stay.
- Use a mosquito bed net if overseas/outside and you are not able to protect yourself from mosquito bites.
- Use EPA (Environmental Protection Agency) registered insect repellent as directed.
- Use treated clothing and gear and wash according to directions

If you have Zika virus, protect yourself from mosquito bites. Mosquitoes can become infected and pass the virus to another person.

**Men & women who have been diagnosed with Zika virus or have Zika virus symptoms after a possible exposure:**

- Women should wait at least 8 weeks after their symptoms started before attempting to conceive.
- Men should wait at least 6 months after their symptoms started to have unprotected sex.

## PREVENTION (cont.)

**Men & women who had possible exposure to Zika virus from recent travel or sexual contact but have no Zika virus symptoms:**

Men and women should wait at least 8 weeks after the possible exposure before attempting to conceive.

**Prevention of sexual transmission:**

- Men who live in or travel to an area with active Zika virus transmission and who have a pregnant partner are advised to use condoms every time they have sex, or to abstain from sex for the duration of the pregnancy
- Couples with men who have confirmed Zika or symptoms of Zika are advised to consider using condoms or abstaining for at least 6 months after the start of symptoms.
- Couples with men who have traveled to an area with Zika but did not develop symptoms of Zika are advised to consider using condoms or abstaining from sex for at least 8 weeks, in order to minimize risk.
- Couples who do not wish to conceive are advised to use the most effective contraception consistently (in order to prevent pregnancy), and in addition -to use condoms in order to prevent potential sexual transmission of Zika virus to each other.

**Countries/Regions where mosquitoes with Zika virus are found:**

- American Samoa
- Anguilla
- Argentina
- Aruba
- Bahamas
- Barbados
- Belize
- Bolivia
- Bonaire
- Brazil
- Cape Verde
- Cayman Islands
- Colombia
- Commonwealth of Puerto Rico
- Costa Rica
- Cuba
- Curaçao
- Dominica
- Dominican Republic
- Ecuador
- El Salvador
- Fiji
- French Guiana
- Guadeloupe
- Guatemala
- Guyana
- Haiti
- Honduras
- Jamaica
- Kosrae
- Marshall Islands
- Martinique
- Mexico
- Micronesia
- New Caledonia
- Nicaragua
- Panama
- Papua New Guinea
- Paraguay
- Peru
- Saba
- Saint Bathelémy
- Saint Croix
- Saint John
- Saint Lucia
- Saint Martin
- Saint Vincent and the Grenadines
- Saint Thomas
- Samoa
- Sint Eustatius
- Sint Maarten
- Suriname
- Tonga
- Trinidad and Tobago
- USA-State of Florida
- U.S. Virgin Islands' Cays
- Venezuela
- Water Island

*The CDC (Center for Disease Control & Prevention) has issued a Level 2 Alert Level for People Considering travel to the countries/areas where mosquitoes carrying Zika Virus are commonly found.*

## References

- American College of Obstetricians and Gynecologists Practice Advisory: Interim Guidance for Care of Obstetric Patients During a Zika Virus Outbreak.  
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Retrieved February 8, 2016.
- Center for Disease Control and Prevention. (2016, July 29). *Zika Travel Information*. Retrieved from [wwwnc.cdc.gov/travel/page/zika-information](http://wwwnc.cdc.gov/travel/page/zika-information) Maryland Department of Health & Mental Hygiene. (2016, March 25). *Zika Virus Information*. Retrieved from Maryland Department of Health & Mental Hygiene: [phpa.dhmh.maryland.gov/IDEHSharedDocuments/DHMH%20Clinician%20Letter\\_Zika%20Virus\\_3.25.16](http://phpa.dhmh.maryland.gov/IDEHSharedDocuments/DHMH%20Clinician%20Letter_Zika%20Virus_3.25.16)
- Petersen EE, P. K.-D. (2016). Update: Interim Guidance for Health Care Providers Caring for Women of Reproductive Age with Possible Zika Virus Exposure – United States, 2016. *MMWR Morb Mortal Wkly Rep*, pp. 315-322.