

## Facts about Zika Virus

Zika virus disease (Zika) is a disease caused by Zika virus that is spread to people primarily through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected. Once a person has been infected, he or she is likely to be protected from future infections.

Zika virus was first discovered in 1947 and is named after the Zika forest in Uganda. In 1952, the first human cases of Zika were detected and since then, outbreaks of Zika have been reported in tropical Africa, Southeast Asia, and the Pacific Islands. Zika outbreaks have probably occurred in many locations. Before 2007, at least 14 cases of Zika had been documented, although other cases were likely to have occurred and were not reported. Because the symptoms of Zika are similar to those of many other diseases, many cases may not have been recognized.

In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil and on Feb 1, 2016, the World Health Organization (WHO) declared Zika virus a public health emergency of international concern (PHEIC). Local transmission has been reported in many other countries and territories. Local mosquito-borne transmission of Zika virus has been reported in the Commonwealth of Puerto Rico, the US Virgin Islands, and American Samoa.

Zika-carrying mosquitoes like to bite people and live indoors and outdoors near people. They typically lay eggs in and near standing water in things like buckets, bowls, animal dishes, flower pots and vases. They are aggressive daytime biters. They can also bite at night.

There is no vaccine for the Zika virus. When traveling to countries where Zika virus or other viruses spread by mosquitoes are found, take the following steps:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
- Use EPA-registered insect repellents. These are proven safe and effective, even for pregnant and breast-feeding women.
  - Always follow the product label instructions.
  - Reapply insect repellent as directed.
  - Do not spray repellent on the skin under clothing.
  - If you are also using sunscreen, apply sunscreen before applying insect repellent.

- If you have a baby or child:
  - Do not use insect repellent on babies younger than 2 months of age.
  - Dress your child in clothing that covers arms and legs, or
  - Cover crib, stroller, and baby carrier with mosquito netting.
  - Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
  - Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
  - Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
  - If treating items yourself, follow the product instructions carefully.
  - Do NOT use permethrin products directly on skin. They are intended to treat clothing.

A travel health consultant can answer any questions regarding travel vaccines and disease prevention strategies before traveling out of the country. Always do your research before traveling overseas.

*This article was submitted by Lisa Bohrer, R.N.,BC, the Community Health and Wellness Manager and Certified Travel Medicine Specialist, for the PharmaCare Network. For more information, contact her at 301-689-2909 or lbohrer@3ipc.com.*

Comment [LB1]:

Comment [LB2]:

Comment [LB3]:

Comment [LB4]:

Comment [LB5]: