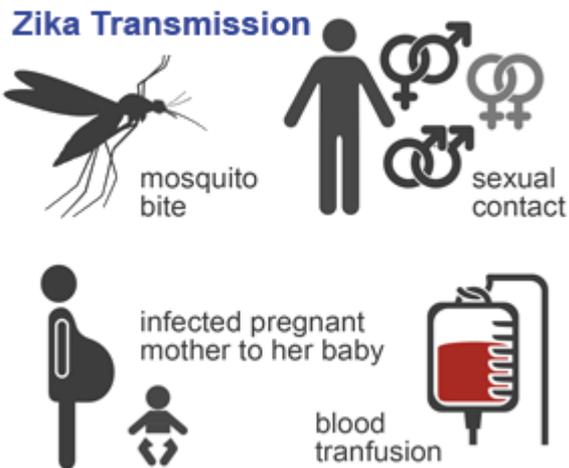


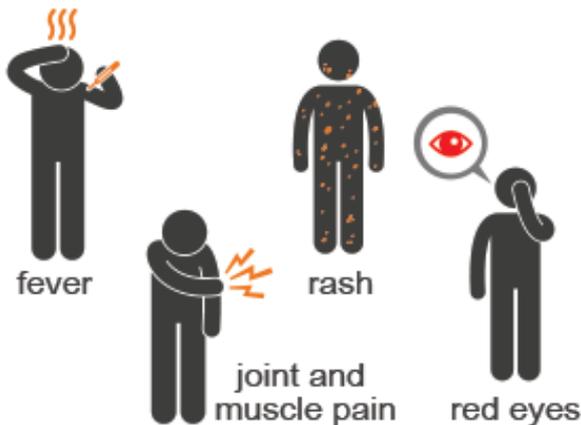
ZIKA FACTS AND PREVENTION

Transmission

Zika virus is transmitted by the bite of a certain species of mosquitoes (*Aedes*). These are the same mosquitoes which can also transmit dengue and chikungunya viruses. *Aedes* mosquitoes live in urban areas and bite mostly during the day. Sexual transmission occurs. Zika virus can be passed from an infected pregnant mother to her baby or through blood transfusions. Rare transmission might occur through monkey bites.



Zika Symptoms



Symptoms

Most people have no symptoms. If symptoms do occur, they are usually mild – a fever, rash, muscle and joint pains, and red eyes (conjunctivitis), similar to many other viral illnesses including flu, dengue and chikungunya. Abdominal pain and diarrhoea are seen less often. Lymph nodes may become enlarged. Most people recover fully in about a week. Zika can cause severe, irreversible birth defects in the babies of mothers who were infected while pregnant. The "Zika congenital syndrome" is still being researched. It includes "microcephaly" (a small head circumference associated with developmental problems), Severe and potentially fatal neurological complications, including "Guillain–Barré syndrome" (a muscular weakness), occur occasionally. People who have underlying health issues, such as a weakened immune system, may be at higher risk of complications.

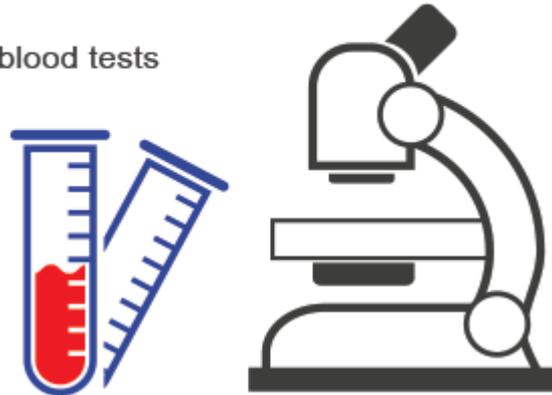
Diagnosis

Special lab tests on blood (and / or urine) are used to diagnose Zika virus. Testing may not be routinely available, and samples may need to be sent to laboratories that can perform the tests.

As the disease is similar to, and occurs in areas where there is chikungunya and dengue (other mosquito borne diseases with similar symptoms), testing needs to be performed to confirm the exact diagnosis.

Zika Diagnosis

blood tests



Zika Treatment

bed rest



fluids



medication



Treatment

No specific treatment is available. Symptoms can be managed with bed rest, fluids and medications to reduce fever. Aspirin and non-steroidal anti-inflammatory medications (such as ibuprofen and naproxen) should be avoided unless dengue has been excluded (due to the increased risk of bleeding).

Prevention

There is no vaccine against Zika virus, although research is underway. The main ways to prevent infection are:

- preventing mosquito bites: use an effective insect repellent (containing DEET, Picardin, PMD, or IR3535), wear long clothing, and sleep under a bed net.
- preventing sexual transmission: through condoms (applicable to males and females) or through abstinence.

Zika Prevention

