

Zika Virus

Zika virus is spread to people through mosquito bites. The most common symptoms of Zika virus disease are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon.

In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil. The outbreak in Brazil led to reports of Guillain-Barré syndrome and pregnant women giving birth to babies with birth defects and poor pregnancy outcomes. **If you are pregnant and think you may have been exposed to or have symptoms of Zika Virus, contact your health care provider.**

Here are some things pregnant women should consider:

1. Pregnant women should postpone travel to areas where Zika cases are being reported.
2. Based on several reports of sexual transmission, men who reside in or have traveled to an area of active Zika virus transmission who have a pregnant partner should abstain from sexual activity or consistently and correctly use condoms during sexual activity for the duration of the pregnancy.
3. Symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache.
4. Contact your doctor if you have traveled to an area with ongoing Zika virus transmission during pregnancy, regardless of symptoms.

5. The illness is usually mild with symptoms lasting for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.

There is no vaccine to prevent or specific medicine to treat Zika infections but there are some things you can do especially if you are pregnant:

- Mosquito-proof your home, closing screens and windows. Remove standing water, and use A/C when available
- Wear insect repellent with DEEP
- Wear long sleeves and pants
- Avoid sexual contact with partner who may have Zika Virus

For More Information about Zika Virus:

Center for Disease Control and Prevention: Zika Virus Prevention
<http://www.cdc.gov/zika/symptoms>

Center for Disease Control and Prevention Travelers' Health:
<http://www.cdc.gov/travel/diseases/zika>

County of Los Angeles, Public Health: Additional Resources on Zika Virus
<http://publichealth.lacount.gov/acd/VectorZika.htm>

KEY POINTS:

- CDC reports transmission by mosquitos and sexually intercourse with actively infected partner.
- Consult your doctor if you are pregnant and have traveled to an area know to have zika Virus
- Use insect repellent

