

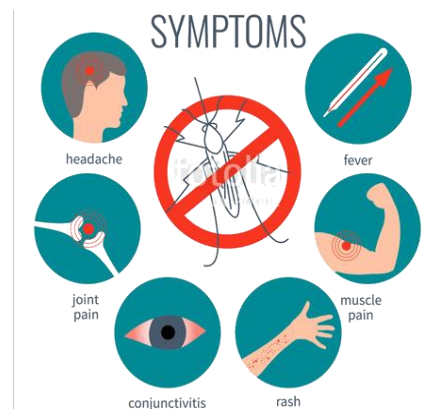
Zika Virus

What is Zika virus? Zika virus is carried by mosquitos. The virus is spread to a human through the bite of an infected mosquito.

How is Zika virus spread? Zika virus may be passed from a mother to her unborn baby. The virus may also be passed from one person to another through sex. This includes oral, anal, or vaginal sex with a man or woman.

What are the signs and symptoms of Zika virus? You may not have signs or symptoms of Zika virus. If you develop signs or symptoms, they may happen suddenly and last for 2 to 7 days. Person may have any of the following:

- Fever
- Rash
- Headache
- Muscle or joint pain
- Red or itchy eyes



How is Zika virus infection diagnosed?

- Zika virus is diagnosed through PCR (polymerase chain reaction) and virus isolation from blood samples. Diagnosis by serology is not recommended.

How is Zika virus treated?

There is no treatment for Zika virus. Medicine may be given to manage your symptoms. This may include medicine to decrease pain and fever.

What are the risks of Zika virus?

A woman may pass Zika virus to her unborn baby. This may cause birth defects such as poor brain development (microcephaly), or lead to pregnancy loss. Zika virus may also cause temporary or permanent weakness or paralysis.

What can I do to manage my symptoms?

- **Drink plenty of liquids** as directed. Liquids can prevent dehydration.
- **Rest** as directed.

What can I do to prevent Zika virus infection?

There is currently no vaccine to prevent Zika virus infection. Do not travel to areas where Zika virus is common. Prevent mosquito bites to help decrease your risk for Zika virus infection:

- **Apply insect repellent**

Follow directions on the insect repellent container. The following is a list of tips for insect repellent use:

- **Do not** apply insect repellent to skin under clothing.
- Apply sunscreen before you apply insect repellent.
- Wear insect repellent any time you plan to be outside. Wear insect repellent at all times if you travel or live in a high-risk area. Reapply insect repellent as directed.
- Apply insect repellent every day for 3 weeks after you travel to high-risk areas.
- **Wear a long-sleeved shirt and pants.**
- **Use screens and nets.**
- **Apply insect repellent to clothing**
- **Clean and empty containers of water once a week**

What do we need to know about Zika virus and pregnancy?

- If woman who has had Zika virus, wait at least 8 weeks before she try to get pregnant. This will decrease baby's risk for Zika virus. If she has been exposed to Zika virus, she should also wait 8 weeks before she try to get pregnant . Risk for exposure includes travel to an area with Zika infection. It also includes unprotected sex with a man or a woman who has traveled to an area with Zika infection.
- Couples who live in areas with Zika virus should talk to their healthcare provider before they try to get pregnant. Both partners should be tested for Zika virus before they try to get pregnant.

Do's And Don'ts

Do's:

- Cover all water tanks and containers with tight lids.
- Dispose & destroy all unused containers, junk materials, tyres, coconut shells etc.
- Empty, scrub & dry desert coolers every week before refilling.
- Use larvivorous fish in ornamental tanks at houses and hotels
- Observe weekly dry day- empty and scrub all containers holding water for a week like bird bath, flower vase, ant-trappers etc

Don'ts

- Don't allow water to stagnate in and around your house in coolers, buckets barrels, flower pots, bird baths, freeze trays, coconut shells etc.
- Don't throw broken utensils, unused bottles, tins, old tyres and other junk materials here and there as Aedes mosquitoes breed in these objects during rainy season.
- Don't use Aspirin to treat fever.
- There is no specific medicine for Zika Virus disease. Self-medication should be avoided, consult your doctor.

Reference: Micromedex care notes solution.2.1