

ZIKA VIRUS

Key facts

- Zika virus infection is a mosquito-borne disease caused by a flavivirus. This occurs in tropical countries with large mosquito population.

Transmission

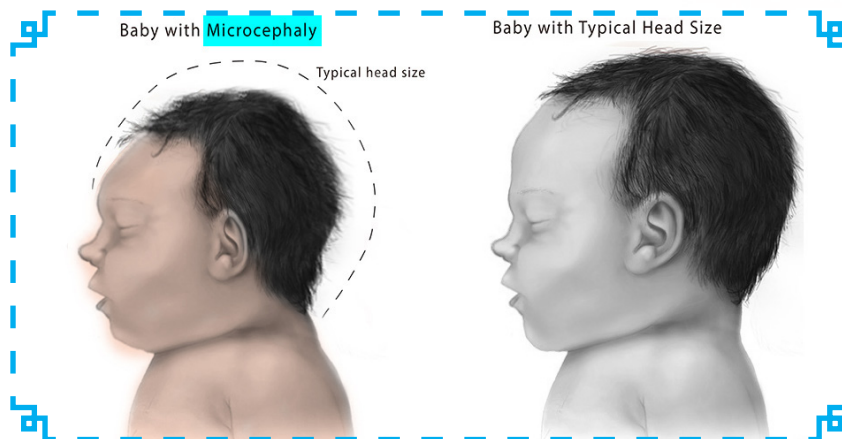
- Zika virus is transmitted to people through the bite of an infected mosquito from the Aedes genus, mainly Aedes aegypti in urban areas and Aedes albopictus in rural areas.
- Aedes bite aggressively during the day.
- This is the same mosquito that transmits Dengue and Chikungunya.
- Zika virus can also be transmitted through sex carrying Zika virus unprotected.
- Zika virus has been detected in blood, urine, amniotic fluids, semen, saliva as well as body fluids found in the brain and spinal cord.

Signs and Symptoms

- Common symptoms include fever, conjunctivitis, and skin rash.
- Other symptoms include headache, muscle pain, joint pain, pain behind the eyes, and vomiting.
- The illness is usually mild and self-limiting with symptoms lasting for 2-7 days.

Complication

- Neurological type of complication: Guillain-Barre' syndrome which is the sudden weakening of muscles.
- Neonatal malformation: Microcephaly which is a condition where a baby's head is smaller than those of other babies of the same age and sex.



Prevention and Treatment

- Avoid infection by preventing mosquito bites.
 - Use insect repellants.
 - Use window and door screens.
 - Wear long-sleeved shirts and long pants or permethrin-treated clothing.
 - Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, or trash containers.
- People sick with Zika virus should get plenty of rest, drink enough fluids, and treat pain and fever with common medicines.
- People with signs and symptoms of Zika virus infection should undergo diagnostic test (serology)
- If symptoms persists, they should seek medical care and advice immediately to the nearest health facility.