

ZIKA VIRUS

AN UPDATE FROM PAT WALKER HEALTH CENTER



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Zika Overview



Aedes Aegypti



Aedes Albopictus

Mosquito-borne flavivirus spread by the *Aedes* genus of mosquitos- these are aggressive daytime biters.

Relatively new to the Western Hemisphere first appearing in Brazil in May 2015

- Spread to Central and South America, the Caribbean and the South Pacific

Spread primarily through mosquito bites

- Also through blood transfusions, maternal-fetal transmission and sexual intercourse

Symptoms...

Only 20% infected with Zika virus will have symptoms

Symptoms can be mild & typically include:

- Fever
- Rash
- Joint pain
- Headache
- Conjunctivitis (inflammation of the eye)

Can last from just a few days to one week

No vaccine or treatment available – only supportive care

Who is at risk?

Anyone traveling to Zika-infected areas

Zika can cause congenital birth defects such as microcephaly

Pregnant women or women who may become pregnant need to AVOID traveling to Zika affected countries.

Zika has also been linked to Guillain-Barre Syndrome, a paralyzing typically transient condition

Zika in the U.S.

Travel-associated cases: 358

Locally acquired cases: 0

Total: 388

Pregnant: 38

Sexually transmitted: 8

Guillain-Barré syndrome: 1

US Territories

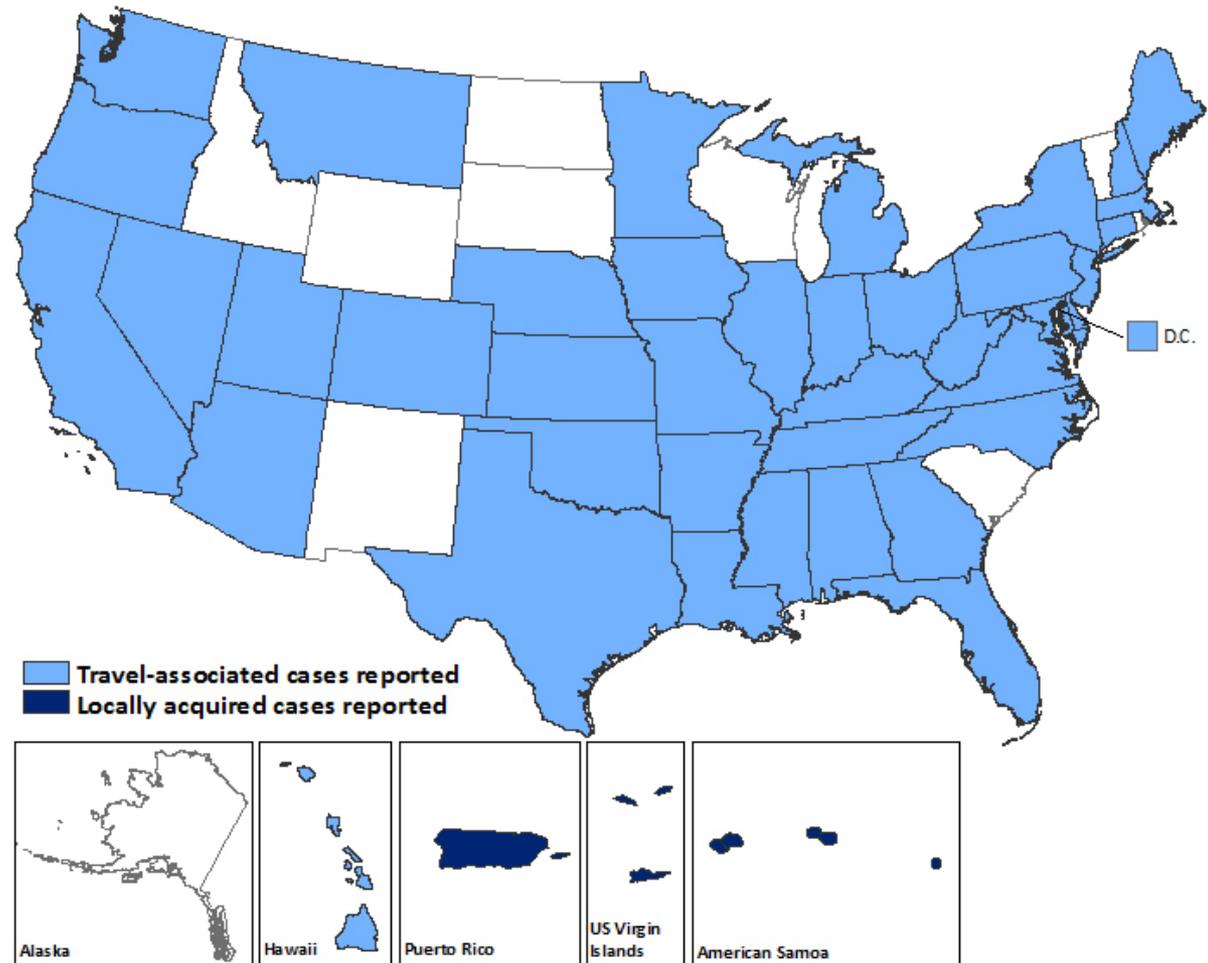
Travel-associated cases: 3

Locally acquired cases: 500

Total: 503

Pregnant: 48

Guillain-Barré syndrome: 4



(as of April 20, 2016)

Prevention is the KEY...

The best way to prevent infection is to prevent mosquito bites:

- Use an insect repellent containing DEET, picaridin, IR3535
- Wear long-sleeved shirts and pants
- Use air conditioning or window/door screens to keep mosquitos outside
- Empty standing water from containers inside/outside home. *Mosquitos can breed in as little amount of water as a bottle cap*

Pregnant women and their sexual partners need to be cautious regarding travel to affected areas, and following their return.

- Men returning from Zika-infected countries with no symptoms should use condoms for eight weeks; six months if symptoms are/were present

Travel precautions to take...

Resources:

- www.cdc.gov/travel
- www.cdc.gov/zika

CDC Preparedness and Response Guide

- www.cdc.gov/zika/public-health-partners/risk-based-prep.html

CDC Travel Advisory site

- www.cdc.gov/travel/page/zika-information

Before traveling, refer to the latest travel notices at www.cdc.gov/travel

People traveling to countries with Zika should avoid mosquito bites for two weeks after they return.

Consult a physician if you experience any symptoms within two weeks after returning.

Pregnant woman should consult with her physician after returning even if symptoms are not present

Testing for Zika...

No commercially-available or rapid test to diagnose Zika virus

Testing is completed through CDC

Zika, Dengue and Chikungunya have similar symptoms and occur in the same regions

- NSAIDs (ie Ibuprofen, Aspirin) should be avoided until a diagnosis is established.

WHO TO TEST?

- Pregnant women with exposure and symptoms compatible with Zika
- Infants with exposure/microcephaly
- Travelers to areas with active Zika virus transmission and symptoms compatible with Guillain-Barre syndrome (GBS)

Treating Zika...

There is no vaccine to prevent or medication to treat Zika

Illness can last from several days to a week

Treatment is supportive care only:

- Get plenty of rest
- Drink fluids to prevent dehydration
- Take Tylenol to relieve fever and pain (No NSAIDs)

If you are taking medicine for another medical condition, talk to your medical provider before taking additional medication.

Recent information in the headlines...

Confirmed transmission of Zika through both vaginal and anal intercourse

Looking at possible mutations of the Zika virus that could be contributing to its spread

Genetically modified mosquitoes likely to be released in Florida Keys to stop the spread

Researchers are working to speed up development of Zika vaccine

Rapid Zika test developed in Texas – not yet available for widespread use

Stay up-to-date...

Zika virus is an emerging travel related infection with updates occurring frequently

Where can people learn more and stay up to date?

- www.cdc.gov/zika to learn more about Zika
- www.cdc.gov/travel for the latest travel notices

Questions?
