

IDRS Infectious Disease Reporting System

Disease Reporting 24 Hours a Day

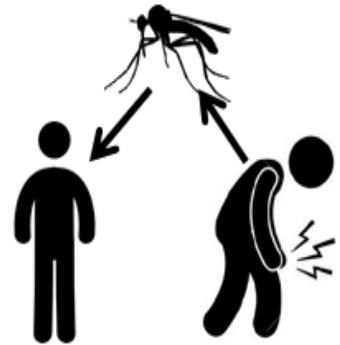
Columbus Public Health and Franklin County Public Health

ZIKA

Zika is a virus that is spread to people through mosquito bites. Although once rare, in 2015 it started spreading in the Americas.

Symptoms

- Symptoms probably appear a few days to a week after being exposed.
 - Fever
 - Rash
 - Joint pain
 - Conjunctivitis (red eyes)
 - Muscle pain
 - Headache
- The illness is usually mild and lasts several days to a week. Some people have no symptoms. Severe illness and death from Zika virus is uncommon.



Transmission

- Zika virus is passed from one person to another when a mosquito bites an infected person. Then it picks up the virus and can pass it on by biting more people.
- Infected men can also pass the virus to their sexual partners, but it is unclear at this time if infected women can pass it to their sexual partners.
- Researchers are still studying how Zika virus infection while pregnant may be passed to the baby during pregnancy and delivery, or if it is related to a serious birth defect called microcephaly.
- It may be possible to spread through blood transfusions, but that is still being researched.

Treatment

- No vaccine or medications are available to prevent or treat Zika infections, but you can treat the symptoms:
- Get plenty of rest and drink plenty of fluids.
- Acetaminophen may help fever and pain, but **DO NOT** take aspirin, ibuprofen, naproxen, and related medicines. These medicines increase the risk of bleeding in cases of dengue, a similar mosquito-borne infection.
- Stay indoors to keep mosquitos from biting you while you are sick, so it won't be spread to other people.

Prevention

- No vaccine exists to prevent Zika virus disease (Zika), so the best prevention is to avoid mosquito bites.
- Use insect repellents containing DEET, picaridin, IR3535. Some oil of lemon eucalyptus (not to be used for children under 3 years old) and para-menthane-diol products provide long lasting protection.
- When weather permits, wear long sleeves, long pants, and socks. Use air conditioning or window/door screens to keep mosquitoes outside, or, sleep under a mosquito bed net.
- Reduce mosquito breeding areas by emptying containers that may collect standing water at least weekly, and repair any broken screens.
- The CDC is currently recommending that pregnant women and women trying to become pregnant consider postponing travel to the areas where Zika virus transmission is ongoing. Check the CDC website (<http://www.cdc.gov/zika/geo/index.html>) before traveling to see which countries are at risk.

All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.



c/o Franklin County Public Health, 280 East Broad Street, Columbus, Ohio 43215-4562

Call: (614) 525-8888 • After Hours: (614) 525-3965 • Fax: (614) 525-8890

Email: idsr@franklincountyohio.gov • Web: www.idrsinfo.org

