

CDC Responds to ZIKA



Zika 101

Updated June 21, 2016



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention



What is Zika virus disease (Zika)?

- Disease spread primarily through the bite of an infected *Aedes aegypti* or *Ae. albopictus* mosquito.
- Many people infected with Zika virus won't have symptoms or will only have mild symptoms.
- However, Zika in pregnancy can cause birth defects.





Where has Zika virus been found?

- Before 2015, Zika outbreaks occurred in Africa, Southeast Asia, and the Pacific Islands.
- Currently outbreaks are occurring in many countries and territories.





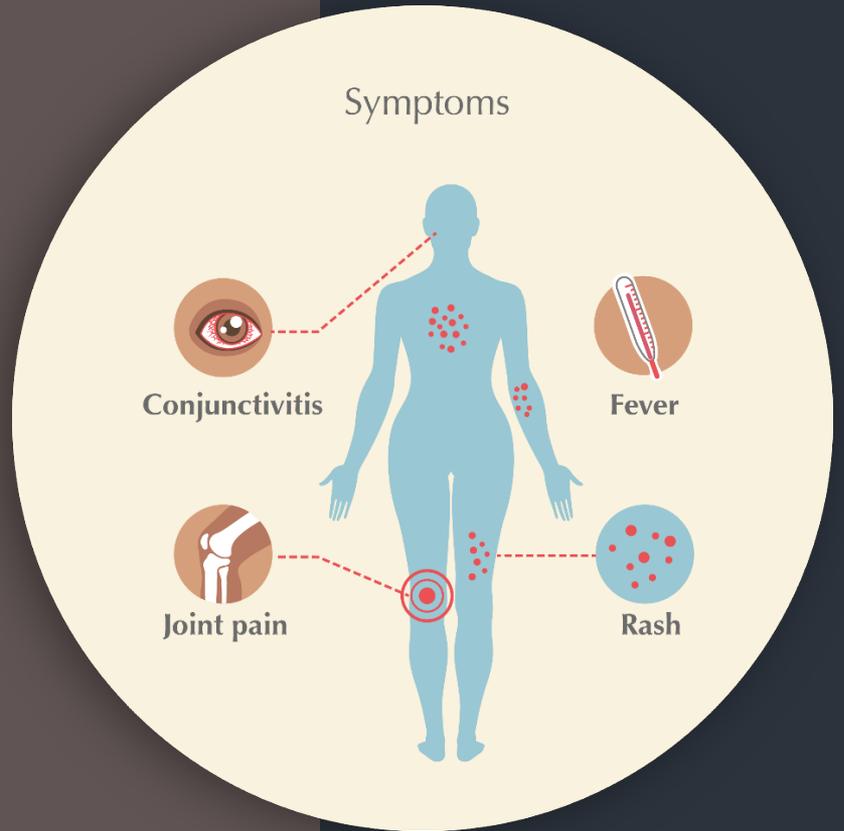
How is Zika transmitted?

- Zika can be spread through:
 - Mosquito bites
 - From a pregnant woman to her fetus
 - Sex with an infected man
 - Possibly blood transfusion, organ and tissue transplant, fertility treatment, and breastfeeding



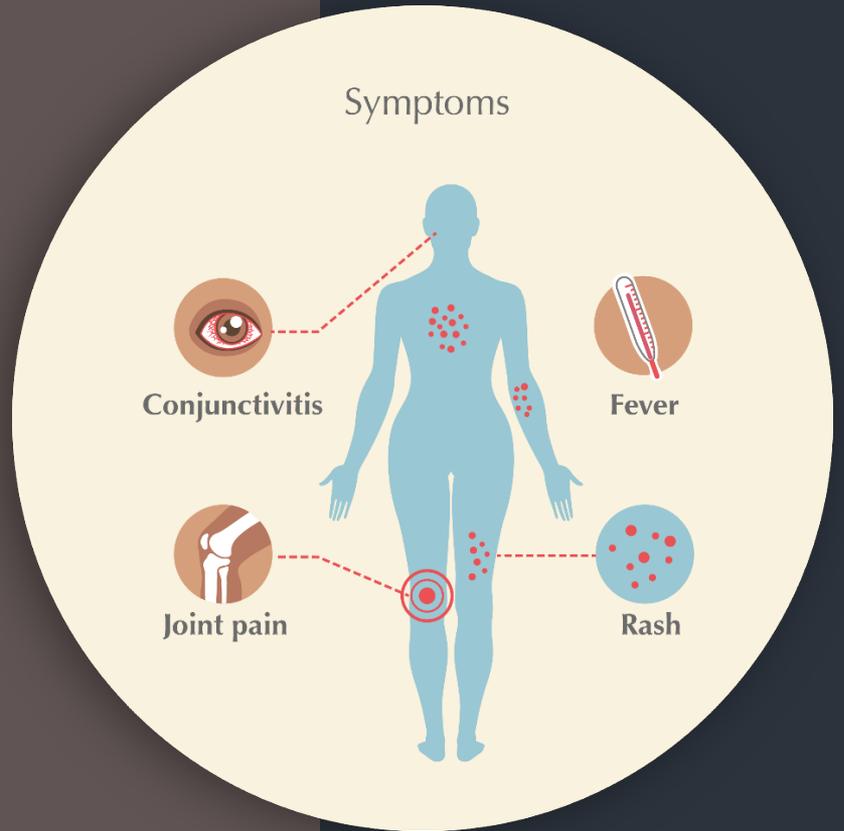
What are the symptoms?

- The most common symptoms of Zika are:
 - Fever
 - Rash
 - Joint pain
 - Conjunctivitis (red eyes)



What are the symptoms?

- Other symptoms include:
 - Muscle pain
 - Headache



How does Zika virus affect people?

- Anyone who lives in or travels to an area with Zika and has not already been infected with Zika virus can get it.
- Many people with Zika will not have symptoms or will only have mild symptoms
- Symptoms last several days to a week.
- Severe disease requiring hospitalization is uncommon.





How does Zika affect pregnancies?

- Zika virus can pass from a pregnant woman to her fetus during pregnancy or around the time of birth.
- Not known how often this happens.





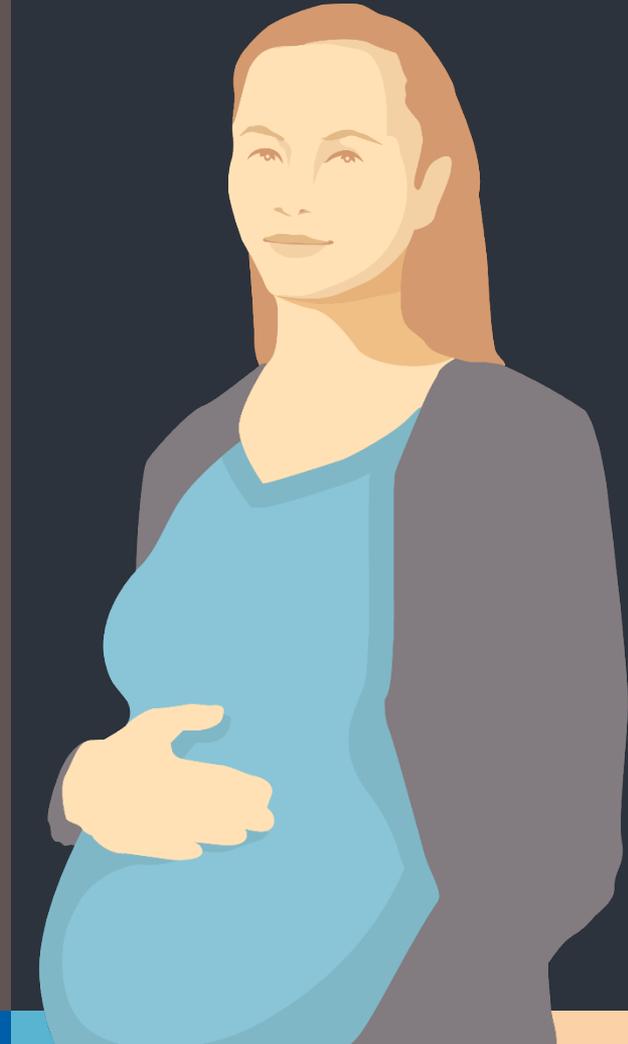
How does Zika affect pregnancies?

- Zika infection in pregnancy can cause microcephaly and other severe fetal brain defects.
 - Microcephaly: birth defect in which a baby's head is smaller than expected when compared to babies of the same sex and age.
 - No evidence that previous infection will affect future pregnancies.



How does Zika affect infants?

- Other problems have been detected in fetuses and infants infected with Zika virus before birth.
 - Miscarriage, stillbirth, absent or poorly developed brain structures, eye defects, hearing deficits, and impaired growth
- No reports of infants getting Zika through breastfeeding.





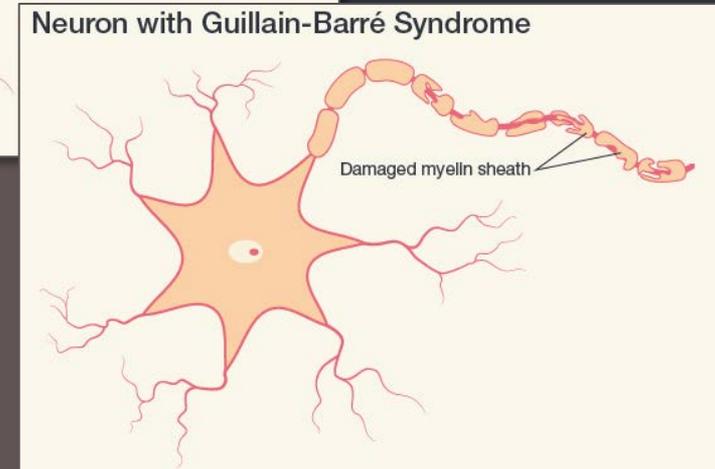
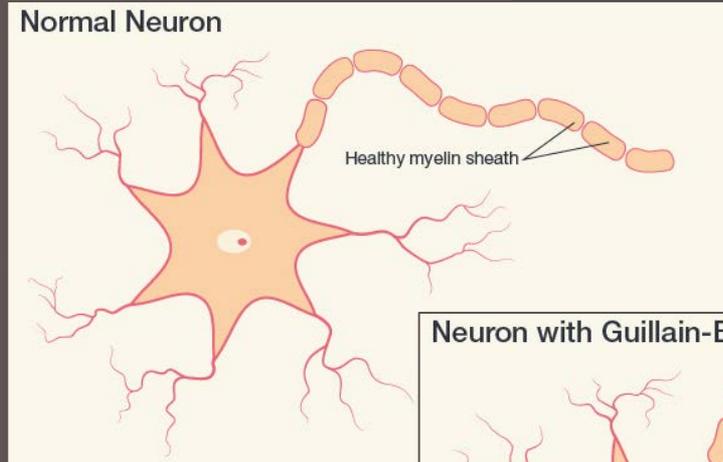
Zika Pregnancy Registry

- CDC established the [US Zika Pregnancy Registry](#) to collect information and learn more about US pregnant women with Zika and their infants.
- Data will be used to
 - Update recommendations for clinical care
 - Plan for services for pregnant women and families affected by Zika
 - Improve prevention of Zika infection during pregnancy
- [Zika Active Pregnancy Surveillance System](#) is used in Puerto Rico.



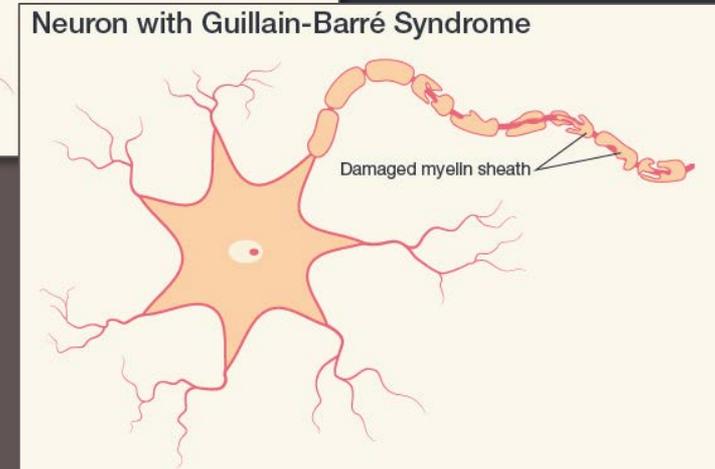
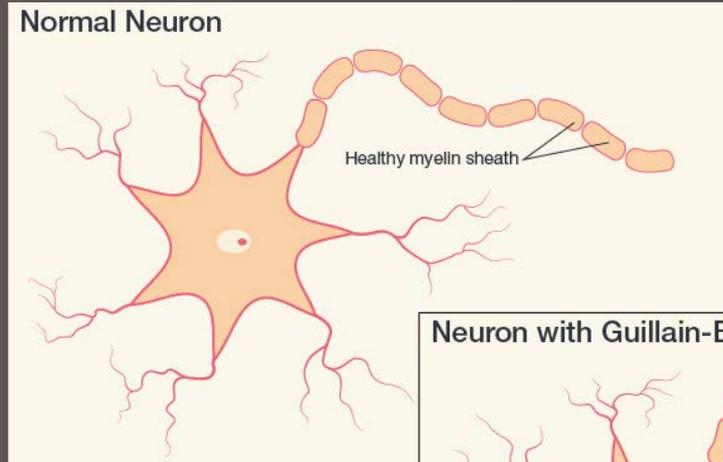
Does Zika cause Guillain-Barré syndrome (GBS)?

- GBS is very likely triggered by Zika in a small proportion of infections, much as it is after a variety of other infections.
- GBS is an uncommon sickness of the nervous system in which a person's own immune system damages the nerve cells, causing muscle weakness, and sometimes, paralysis.



Does Zika cause Guillain-Barré syndrome (GBS)?

- The Brazil Ministry of Health is reporting an increased number of people affected with GBS.
- CDC is investigating the link between Zika and GBS.



How is Zika diagnosed?

- Diagnosis of Zika is based on a person's recent travel history, symptoms, and test results.
- A blood or urine test can confirm a Zika infection.



How is Zika diagnosed?

- Symptoms of Zika are similar to other illnesses spread through mosquito bites, like dengue and chikungunya.



How is Zika diagnosed?

- Your doctor or other healthcare provider may order tests to look for several types of infections.



How is Zika treated?

- There is no specific medicine or vaccine for Zika virus.



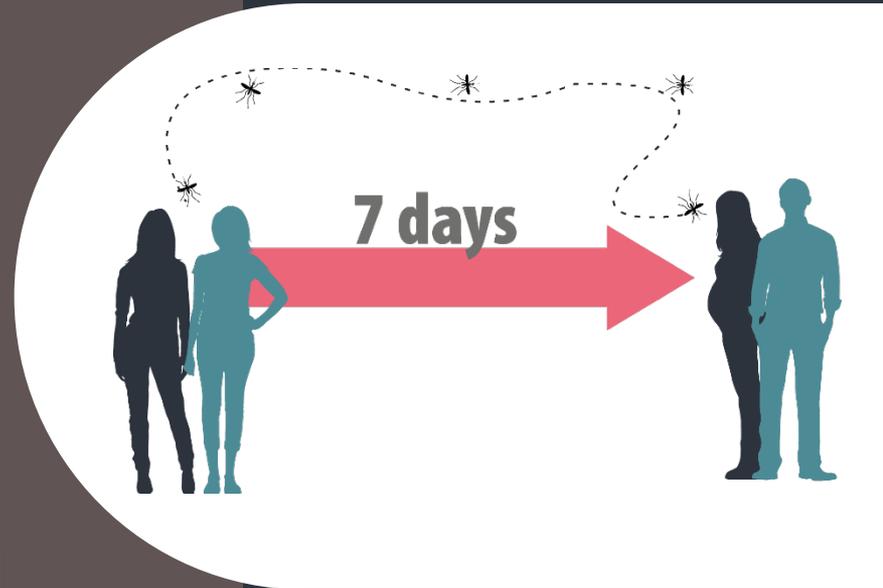
How is Zika treated?

- Treat the symptoms
 - Rest
 - Drink fluids to prevent dehydration
 - Take acetaminophen (Tylenol®) to reduce fever and pain.
 - Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs).



What to do after getting Zika

- Protect yourself from mosquito bites. During the first week of illness, Zika virus can be found in blood.
- The virus can be passed from an infected person to a mosquito through bites.
- An infected mosquito can spread the virus to other people.



Preventing Mosquito Bites

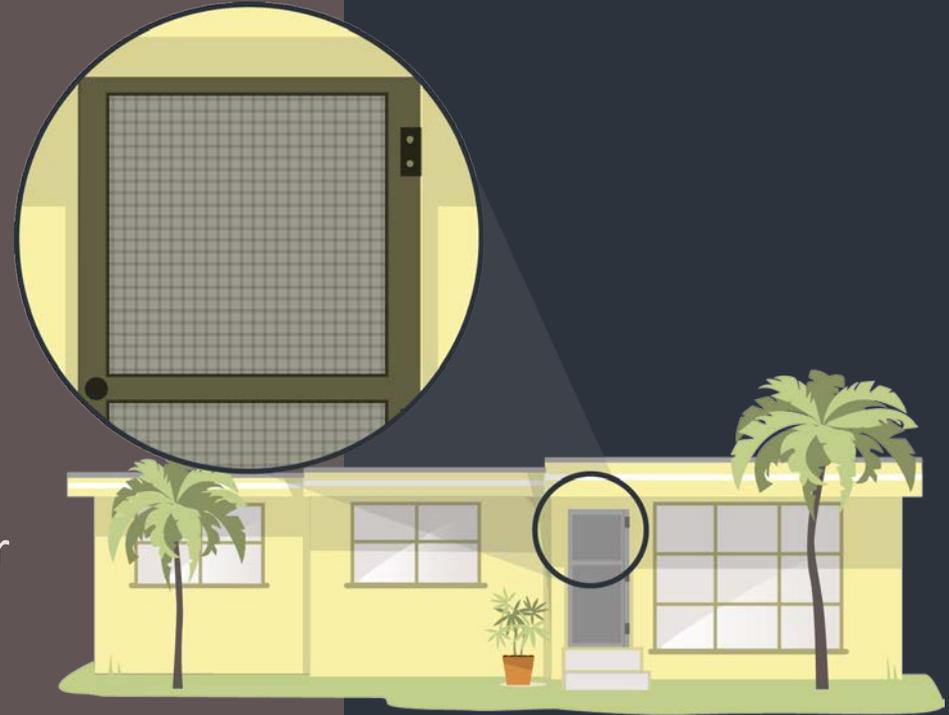


Zika is primarily
spread through
mosquito bites.
Protect yourself.



STEP 1 Keep mosquitoes outside

- Here's what you can do to control mosquitoes outside your home:
 - Use an outdoor insect spray made to kill mosquitoes in areas where they rest.
 - If you have a septic tank, repair cracks or gaps.





STEP 1 Keep mosquitoes outside

- Here's what you can do to control mosquitoes outside your home:
 - Once a week, empty and scrub, turn over, cover, or throw out items that hold water.
 - Tightly cover water storage containers.
 - Use larvicides to kill young mosquitoes in large containers of water that will not be used for drinking.

Preventing Mosquito Bites



STEP 1 Keep mosquitoes outside

- Here's what you can do to control mosquitoes inside your home:
 - Use window and door screens.
 - Use air conditioning when possible.
 - Once a week, empty, scrub, turn over, or throw out items that hold water.
 - Use an indoor insect fogger or indoor insect spray.
 - When using insecticides, always follow label directions.



STEP 1 Keep mosquitoes outside

- When traveling:
 - Stay in places with air conditioning and with window and door screens.
 - Use a bed net if air conditioned or screened rooms are not available or if sleeping outdoors.



STEP 2 Create a barrier between you and mosquitoes

- Cover up!
 - Wear long-sleeved shirts and long pants.

Preventing Mosquito Bites





STEP 2 Create a barrier between you and mosquitoes

- Treat clothing and gear
 - Use permethrin to treat clothing and gear or buy pre-treated items.
 - See product information to learn how long the protection will last.
 - Do not use permethrin products directly on skin.

Preventing Mosquito Bites



STEP 3 Wear insect repellent

- Use Environmental Protection Agency (EPA)-registered insect repellents.
 - Use a repellent with DEET, picaridin, IR535, or oil of lemon eucalyptus or para-menthane-diol



STEP 3 Wear insect repellent

- Always follow the product label instructions.
- Do not spray repellent on the skin under clothing.
- If also using sunscreen, apply sunscreen before applying insect repellent.



STEP 4 Protect your family

- For babies and children
 - Do not use insect repellents on babies younger than 2 months old.
 - Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.



STEP 4 Protect your family

- For babies and children
 - Cover crib, stroller, and baby carrier with mosquito netting.



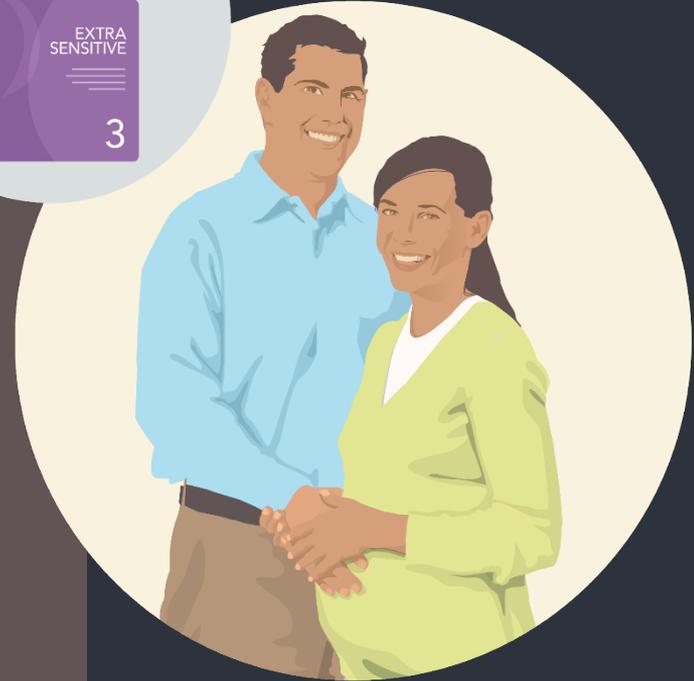
STEP 4 Protect your family

- For babies and children
 - Do not apply onto hands, eyes, mouth, and cut or irritated skin.
 - Adults: Spray onto your hands and then apply to a child's face.



STEP 5 Protect your partner

- A man with Zika virus can pass it to his sex partners.
 - In the known cases of sexual transmission, men had symptoms. Zika can be passed before his symptoms start, while he has symptoms, and after his symptoms end.
 - Men without symptoms may be able to pass it to their sex partners.
- Zika virus can stay in semen longer than in blood.



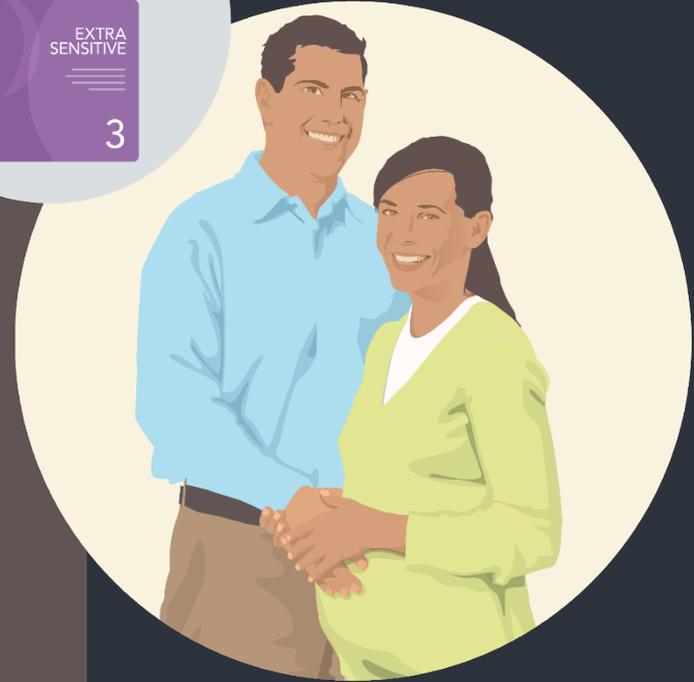
STEP 5 Protect your partner

- We do not know
 - If a woman can pass Zika to her sex partners
 - If sexually-transmitted Zika virus poses a different risk of birth defects than mosquito-borne transmission



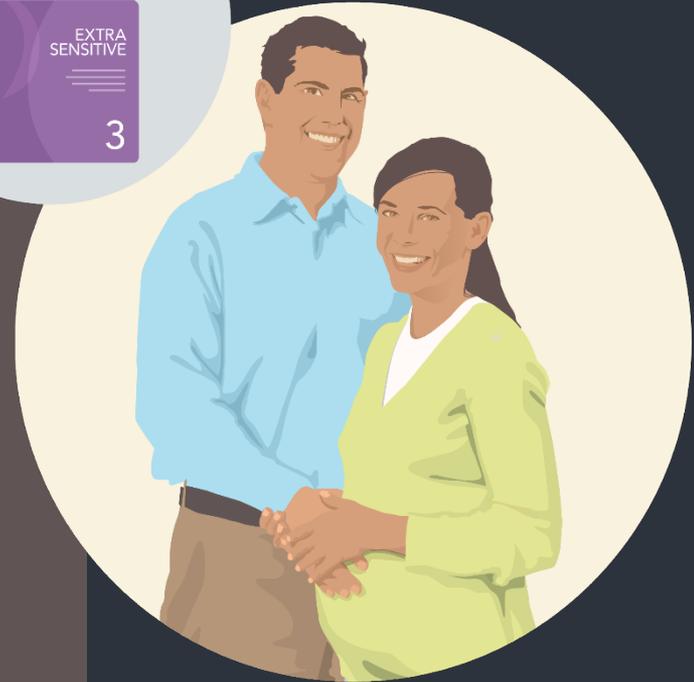
STEP 5 Protect your partner

- Not having sex can eliminate the risk of getting Zika from sex.
- Condoms can reduce the chance of getting Zika from sex.



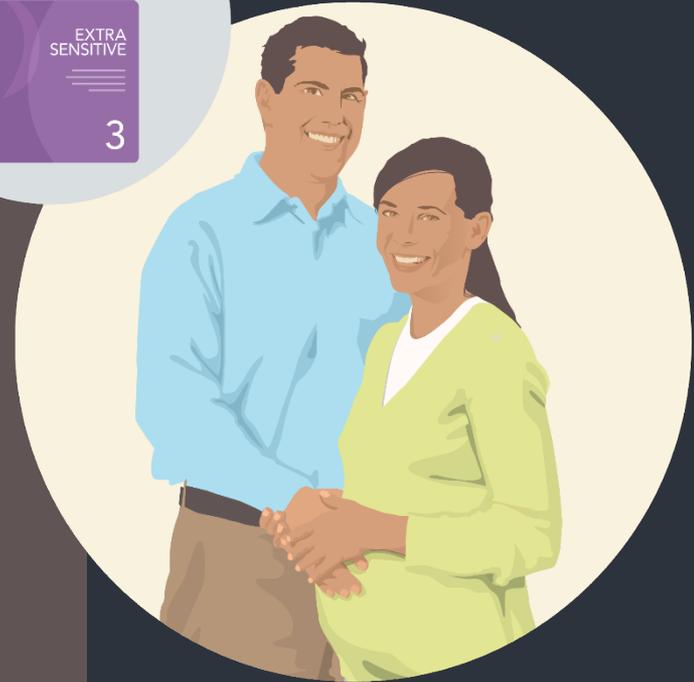
STEP 5 Protect your partner

- Men who live in or travel to an area with Zika:
 - If you have a pregnant partner, use a condom correctly every time you have vaginal, anal, or oral (mouth-to-penis) sex
- OR
 - Do not have sex during the pregnancy



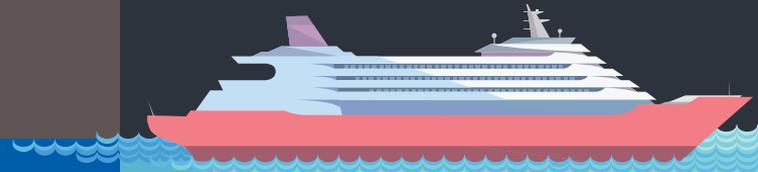
STEP 5 Protect your partner

- Men without a pregnant partner who recently traveled to or lived in an area with Zika:
 - If you've been diagnosed with Zika or have (or had) symptoms, you can use condoms or not have sex for **6 months** after symptoms begin.
 - If you never developed symptoms, you can use condoms or not have sex for **8 weeks** after returning from travel, or while there is Zika in the area.



STEP 6 Do your homework before traveling

- If you are pregnant, do not travel to areas with Zika.
 - If you must travel, talk to your doctor or other healthcare provider before your trip.
- If you are trying to get pregnant, talk to your doctor or other healthcare provider before you travel.



STEP 6 Do your homework before traveling

- If you choose to travel:
 - Strictly follow steps to prevent mosquito bites to protect yourself and your family.
 - Even if you do not feel sick, travelers coming to the United States from an area with Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to uninfected mosquitoes.



STEP 6 Do your homework before traveling

See the latest travel notices at:

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

Zika Travel Information



For the most current information about Zika virus, please visit www.cdc.gov/zika.

Zika Travel Notices

- [Zika Virus in Cape Verde](#)
- [Zika Virus in the Caribbean](#)
Currently includes: Aruba; Barbados; Bonaire; Curaçao; Dominican Republic; Guadeloupe; Haiti; Jamaica; Martinique; the Commonwealth of Puerto Rico, a U.S. territory; Saint Martin; U.S. Virgin Islands
- [Zika Virus in Central America](#)
Currently includes: Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Panama
- [Zika Virus in Mexico](#)
- [Zika Virus in the Pacific Islands](#)
Currently includes: American Samoa, Samoa, Tonga
- [Zika Virus in South America](#)
Currently includes: Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Paraguay, Suriname, Venezuela

For Travelers

- [Avoid Bug Bites](#)
- [Insect Repellent Use and Safety](#)
- [Zika virus | CDC](#)

For Clinicians

- [Zika: For Healthcare Providers](#) on CDC's Zika site
- [Update: Interim Guidelines for Health Care Providers Caring for Pregnant Women and Women of Reproductive Age with Possible Zika Virus Exposure – United States, 2016](#)
- [Interim Guidelines for Prevention of Sexual Transmission of Zika Virus – United States, 2016](#)
- [CDC Health Alert Network advisory: Recognizing, Managing, and Reporting Zika Virus Infections in Travelers Returning from Central America, South America, the Caribbean, and Mexico for Zika virus](#)
- [Possible Association Between Zika Virus Infection and Microcephaly – Brazil, 2015](#)

What is CDC doing?

- Activated Emergency Operations Center (EOC) to level 1
- Providing on-the-ground support in affected areas
- Educating healthcare providers and the public about Zika
- Posting travel notices and other travel-related guidance
- Providing laboratories with diagnostic tests
- Creating and distributing Zika Prevention Kits to affected US territories
- Conducting a study to evaluate the persistence of Zika virus in semen and urine among male residents of the United States



What is CDC doing?

- Working with partners to
 - Monitor and report cases
 - Conduct studies to learn more about the potential link between Zika and Guillain-Barré syndrome
 - Create action plans for state and local health officials to improve Zika preparedness
 - Publish and disseminate guidelines to inform testing and treatment of people with suspected or confirmed Zika
 - Publish and disseminate conclusions on the causal association between Zika and microcephaly





For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



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