

# Zika Virus



# Zika Virus

## Symptoms

- The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache. About 1 in 5 people infected with Zika virus become symptomatic. Characteristic clinical findings are acute onset of fever with maculopapular rash, arthralgia, or conjunctivitis. Other commonly reported symptoms include myalgia and headache. Clinical illness is usually mild with symptoms lasting for several days to a week. Severe disease requiring hospitalization is uncommon and case fatality is low. However, there have been cases of Guillain-Barre syndrome reported in patients following suspected Zika virus infection.
- The incubation period (the time from exposure to symptoms) for Zika virus disease is not known, but is likely to be a few days to a week.
- The illness is usually mild with symptoms lasting for several days to a week.
- Zika virus usually remains in the blood of an infected person for a few days but it can be found longer in some people.
- Severe disease requiring hospitalization is uncommon.
- Deaths are rare.

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## Diagnosis

- The symptoms of Zika are similar to those of [dengue](#) and [chikungunya](#), the diseases spread through the same mosquitoes that transmit Zika.
- If you have recently traveled, tell your healthcare provider when and where you traveled.
- Your healthcare provider may order blood tests to look for Zika or other similar viruses like dengue or chikungunya.
- During the first week after onset of symptoms, Zika virus disease can often be diagnosed by performing reverse transcriptase-polymerase chain reaction (RT-PCR) on serum. Virus-specific IgM and neutralizing antibodies typically develop toward the end of the first week of illness; cross-reaction with related flaviviruses (e.g., dengue and yellow fever viruses) is common and may be difficult to discern. Plaque-reduction neutralization testing can be performed to measure virus-specific neutralizing antibodies and discriminate between cross-reacting antibodies in primary flavivirus infections.
- There are **no commercially available diagnostic tests** for Zika virus disease. Zika virus testing is performed at the CDC Arbovirus Diagnostic Laboratory and a few state health departments.

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## Treatment

- No vaccine or medications are available to prevent or treat Zika infections.
- Treat the symptoms:
  - Get plenty of rest.
  - Drink fluids to prevent dehydration.
  - Take medicine such as acetaminophen to relieve fever and pain.
  - Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen and naproxen. Aspirin and NSAIDs should be avoided until dengue can be ruled out to reduce the risk of hemorrhage (bleeding). If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.
- If you have Zika, for the first week of your illness.
  - During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites.
  - An infected mosquito can then spread the virus to other people.

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## Modes of Transmission

- Zika virus is a single-stranded RNA virus of the *Flaviviridae* family, genus *Flavivirus*. Zika virus is transmitted to humans primarily through the bite of an infected *Aedes* species mosquito. The mosquito vectors typically breed in domestic water-holding containers; they are aggressive daytime biters and feed both indoors and outdoors near dwellings. Nonhuman and human primates are likely the main reservoirs of the virus, and anthroponotic (human-to-vector-to-human) transmission occurs during outbreaks.
- Perinatal, in utero, and possible sexual and transfusion transmission events have also been reported. Zika virus RNA has been identified in asymptomatic blood donors during an ongoing outbreak.

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## Prevention

- No vaccine exists to prevent Zika virus disease (Zika).
- Prevent Zika by avoiding mosquito bites (see below).
- Mosquitoes that spread Zika virus bite mostly during the daytime.
- Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.
- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
- Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.
- If you have a baby or child:
  - Do not use insect repellent on babies younger than 2 months of age.
  - Dress your child in clothing that covers arms and legs, or
  - Cover crib, stroller, and baby carrier with mosquito netting.
  - Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
  - Adults: Spray insect repellent onto your hands and then apply to a child's face.
- During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites. An infected mosquito can then spread the virus to other people.
- To help prevent others from getting sick, avoid mosquito bites during the first week of illness.

# Zika Virus



*maculopapular rash*



*conjunctivitis*

<http://www.cdc.gov/zika/index.html>