

## WHAT IS THE ZIKA VIRUS:

The Zika virus is a mosquito-borne virus that can be sexually transmitted by an infected partner and is now found in the United States. This virus is particularly harmful to the fetuses of pregnant women in all trimester. Here is some good information to know about the virus.

For the vast majority of people who aren't pregnant or planning on getting pregnant, this infection is THANKFULLY a fairly mild and self-limiting infection that usually last for several days to a week. Symptoms of infection are fever, rash, arthralgias (joint pain) and conjunctivitis (pink eye). Other common symptoms are muscle pain and headaches. About 1 in 5 people infected with the Zika virus become ill. Fortunately hospitalization is not common and deaths are rare.

No vaccine or medications are available currently to prevent or treat the Zika infections. Treating the symptoms are all we can do. Rest is important and drinking lots of fluids while taking Acetaminophen to lower fever and relieve pain will help.

To minimize infection, the simplest advice is to avoid travel to the countries that are reporting the Zika virus. Also, use EPA-approved bug spray with DEET (a brand of diethyltoluamide) and/or permethrin. These are insect repellents that are approved for use in children and pregnant women. Stay inside where it is air-conditioned or stay within screened-in areas if you are pregnant or attempting to become pregnant. Avoid areas of standing water.

If you think you may be infected and you are pregnant or think you may be pregnant, report this to your doctor and get tested within 3-7 days of the onset of any symptoms. If you are pregnant and test positive for the Zika virus you will be referred to a maternal-fetal specialist for serial ultrasounds and follow-up.

# COUNTRIES WITH CONFIRMED **ZIKA** CASES



UGANDA  
NIGERIA  
TANZANIA  
EGYPT  
CENTRAL AFRICAN  
REPUBLIC  
SIERRA LEONE  
GABON  
INDIA  
MALAYSIA  
PHILIPPINES  
THAILAND  
VIETNAM  
INDONESIA

MICRONESIA  
POLYNESIA  
EASTER ISLAND  
THE COOK ISLANDS  
NEW CALEDONIA  
BRAZIL  
CHILE  
COLOMBIA  
EL SALVADOR  
GUATEMALA  
MEXICO  
PARAGUAY  
VENEZUELA

SURINAME  
CAPE VERDE  
FIJI  
FRENCH GUIANA  
HONDURAS  
MARTINIQUE  
PUERTO RICO  
PANAMA  
SAMOA  
VANUATU  
USA  
NETHERLANDS  
GERMANY