What you need to know about Zika

**Virus transmission**
- The bite of infected Aedes mosquitoes
- Aedes mosquitoes also transmit dengue, chikungunya and yellow fever
- Sexual transmission
- Maternal–fetal transmission

**Potential complications**
- Fetal neurological disorders
  - Microcephaly
- Guillain-Barré syndrome

**Diagnosis**
- Diagnosis can be confirmed by laboratory testing for the presence of Zika virus RNA or specific anti-Zika antibodies in the blood

**Prevention**
- Protection against mosquito bites
- Vector control measures in and around your house, place of work, schools etc.
- Practice safer sex

**Signs and symptoms**
- Signs and symptoms most commonly include:
  - skin rash
  - fever
  - conjunctivitis
  - joint pain and swelling
  - muscle pain
- Illness lasts 2–7 days

**Treatment**
- No vaccine currently available
- Mild self-limiting disease requiring rest, fluids and painkillers

**Action to take if Zika infection is suspected**
- Ask the patient if they have travelled to an area with ongoing Zika transmission
- Record the reply in patient’s notes
- Treat the patient
- Notify the surveillance team
- Pregnant women in general, including those who develop symptoms of Zika virus infection, should be closely monitored and managed throughout their pregnancy

**Messages for health workers**
- Practice safer sex
- Notify the surveillance team
- Pregnant women in general, including those who develop symptoms of Zika virus infection, should be closely monitored and managed throughout their pregnancy