

What you need to know about

Zika



Messages for health workers

Virus transmission

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



Signs and symptoms

Signs and symptoms most commonly include:

- skin rash
- fever
- conjunctivitis
- joint pain and swelling
- muscle pain

Illness lasts 2–7 days



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



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

