

Zika Virus

What is Zika Virus?

Zika virus is an arboviral disease of the *Flaviviridae* family. It has been linked to severe birth defects in babies, including microcephaly.

Signs and Symptoms

The incubation period is between 2-14 days; symptoms include:

- Fever
- Rash
- Joint pain
- Conjunctivitis
- Muscle pain
- Headache

Symptoms generally last 7-10 days

If you have symptoms, call your healthcare provider.

Transmission (How it spreads)

- Through the bite of an infected *Aedes* mosquito, specifically *A. aegypti* and *A. albopictus*
- Person-to-person by blood transfusions
- Through sexual contact with an infected person

Diagnosis and Treatment

A doctor's examination is normally enough to diagnose illness. If necessary, a scraping or swab of blisters may be taken

There is no vaccine to prevent Zika Virus.

Rest and hydration are key

Acetaminophen to reduce pain and fever

DO NOT USE aspirin or NSAIDs (Ibuprofen and naproxen)

Prevention:

- Use of EPA-registered insect repellent (i.e.) Off!, Cutter, Sawyer, Skin So Soft; the use of insect repellent while pregnant is safe and poses no adverse risk to the unborn child
- Mosquito nets
- Long sleeve shirts and long pants
- Avoid travel to affected countries and regions

Who is at Risk?

Anyone who travels to areas with ongoing Zika transmission.

Pregnant women are at a higher risk for adverse pregnancy outcomes, including babies born with microcephaly.

Those who want to become pregnant and who are pregnant should avoid travel to affected areas

If you have symptoms, call your healthcare provider

Report cases to the Riley County Health Department by calling the Disease Investigation
Line: 785-317-0474

Zika Virus is a reportable disease in the state of Kansas. All cases must be reported to
KDHE via the Epi Hotline: 877-427-7317