

ZIKA – SYMPTOMS, DIAGNOSIS AND TREATMENT

General Information

An outbreak of Zika is spreading through Central and South America, Mexico and parts of the Caribbean, including U.S. territories. Though Zika currently isn't spreading on the mainland through mosquitoes - the main route of transmission of the virus - employers and workers should take steps to prevent or minimize the risk of Zika infection if transmission starts to occur or if they work with travelers returning to the U.S. with Zika.

The following information contains recommendations on protection for anyone who may be at risk for Zika virus.



Symptoms

- Most people infected with Zika virus won't even know they have the disease because they won't have symptoms. The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache.
- 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.
- See your doctor or other healthcare provider if you are pregnant and develop a fever, rash, joint pain, or red eyes within two weeks after traveling to a place where Zika has been reported. Be sure to tell your doctor or other healthcare provider where you traveled.
- The illness is usually mild with symptoms lasting for several days to a week.
- People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected.
- Zika virus usually remains in the blood of an infected person for about a week but it can be found longer in some people.
- Once a person has been infected, he or she is likely to be protected from future infections.

Diagnosis

- The symptoms of Zika are similar to those of dengue and chikungunya, diseases spread through the same mosquitoes that transmit Zika.
- See your doctor or other healthcare provider if you develop the symptoms described above and have visited an area where Zika is found.
- If you have recently traveled, tell your doctor or other healthcare provider when and where you traveled.
- Your doctor or other healthcare provider may order blood tests to look for Zika or other similar viruses like dengue or chikungunya.

Treatment

- There is no vaccine to prevent or medicine to treat Zika virus.
- Best policy is to treat the symptoms. They are:
 - ✓ Get plenty of rest.
 - ✓ Drink fluids to prevent dehydration.
 - ✓ Take medicine such as acetaminophen (Tylenol®) or paracetamol to reduce fever and pain.
 - ✓ Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue can be ruled out to reduce the risk of bleeding.
 - ✓ If you are taking medicine for another medical condition, talk to your doctor or other healthcare provider before taking additional medication.
- If you have Zika, prevent mosquito bites 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 a mosquito through mosquito bites.
- An infected mosquito can then spread the virus to other people.

NOTE: MORE DETAILED INFORMATION CAN BE FOUND ON THE CENTER FOR DISEASE CONTROL'S ZIKA VIRUS WEB PAGE FOR HEALTHCARE PROVIDERS.

Information for the above obtained from the following:

1. Centers for Disease Control and Prevention
2. National Center for Emerging and Zoonotic Infectious Diseases (NCEZID)
3. Divisions of Vector-Borne Diseases (DVBD)
4. Occupational and Safety and Health website (www.osha.gov)

PREVENTION

What we know

- 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.
- Prevent sexual transmission of Zika by using condoms or not having sex

Steps to Prevent Mosquito Bites

When in areas with Zika and other diseases spread by mosquitoes, take the following steps:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Take steps to control mosquitoes inside and outside your home.
- 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 with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol. Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.
 - ✓ Always follow the product label instructions.
 - ✓ Reapply insect repellent as directed.
 - ✓ Do not spray repellent on the skin under clothing.
 - ✓ If you are also using sunscreen, apply sunscreen before applying insect repellent.
- To protect your child from mosquito bites:
 - ✓ Do not use insect repellent on babies younger than 2 months old.
 - ✓ Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
 - ✓ Dress your child in clothing that covers arms and legs.
 - ✓ 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.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
 - ✓ Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
 - ✓ If treating items yourself, follow the product instructions carefully.
 - ✓ Do NOT use permethrin products directly on skin. They are intended to treat clothing.

Even if they do not feel sick, travelers returning to the United States from an area with Zika should take steps to prevent mosquito bites for three weeks so they do not spread Zika to mosquitoes that could spread the virus to other people.

If you have Zika, protect others from getting sick

- 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, strictly [follow steps to prevent mosquito bites\[PDF - 2 pages\]](#) during the first week of illness.
- Zika virus can be spread during sex by a man infected with Zika to his sex partners.
 - ✓ We do not know how long the virus can stay in the semen of men who have had Zika, and how long the virus can be spread through sex.
 - ✓ We do know that the virus can stay in semen longer than in blood.
- To help prevent spreading Zika from sex, you can use condoms, correctly from start to finish, every time you have sex. This includes vaginal, anal, and oral (mouth-to-penis) sex. Not having sex is the only way to be sure that someone does not get sexually transmitted Zika virus.

If you are a man who lives in or has traveled to an area with Zika

- If your partner is pregnant, either [use condoms correctly](#) (warning: this link contains sexually graphic images) from start to finish, every time you have vaginal, anal, and oral (mouth-to-penis) sex, or do not have sex during the pregnancy.
 - ✓ Even if they do not feel sick, travelers returning to the United States from an area with Zika should take [steps to prevent mosquito bites\[PDF - 2 pages\]](#) for 3 weeks so they do not spread Zika to mosquitoes that could spread the virus to other people.

If you are concerned about getting Zika from a male sex partner

- You can [use condoms correctly](#) from start to finish, every time you have vaginal, anal, and oral (mouth-to-penis) sex. Condoms also prevent HIV and other STDs. Not having sex is the only way to be sure that you do not get sexually transmitted Zika virus.
 - ✓ Pregnant women should talk to a doctor or other healthcare provider if they or their male sex partners recently traveled to an area with Zika, even if they don't feel sick.

Information for travelers

- **Traveling?** Visit CDC's Travelers Health website to see if the country you plan to visit has any travel health notices.
 - ✓ Even if they do not feel sick, travelers returning to the United States from an area with Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to mosquitoes that could spread the virus to other people.
 - ✓ CDC has posted maps that show elevation levels in countries with Zika.
- **Mosquito Bite Prevention for Travelers** [PDF - 2 pages]
- Read the Traveler's Health Yellow Book for more information on Protection against Mosquitoes, Ticks, Fleas & Other Insects and Arthropods.

Additional Resources

- Update: Interim Guidance for Prevention of Sexual Transmission of Zika Virus — United States, 2016
- Interim Guidelines for Prevention of Sexual Transmission of Zika Virus – United States, 2016
- Zika and Sexual Transmission

Controlling Mosquitoes at Home

Here's what you can do to control mosquitoes outside your home

- **Install or repair and use window and door screens.** Do not leave doors propped open.
- **Once a week**, empty and scrub, turn over, cover, or throw out any items that hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers, or trash containers. Mosquitoes lay eggs near water.
 - ✓ Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
 - ✓ For containers without lids, use wire mesh with holes smaller than an adult mosquito.
 - ✓ Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.

- **Use an outdoor flying insect spray** where mosquitoes rest. Mosquitoes rest in dark, humid areas like under patio furniture, or under the carport or garage. When using insecticides, always follow label instructions.
- **If you have a septic tank**, repair cracks or gaps. Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.

Here's what you can do to control mosquitoes inside your home

- **Keep windows and doors shut** and use air conditioning when possible.
- **Keep mosquitoes from laying eggs inside your home. Once a week**, empty and scrub, turn over, cover, or throw out any items that hold water like vases and flowerpot saucers.
- **Kill mosquitoes inside your home.** Use an indoor flying insect fogger* or indoor insect spray* to kill mosquitoes and treat areas where they rest. These products work immediately, but may need to be reapplied. Always follow label directions. Only using insecticide will not keep your home free of mosquitoes.
 - ✓ Mosquitoes rest in dark, humid places like under the sink, in closets, under furniture, or in the laundry room.
 - ✓ Use an indoor fogger* or indoor insect spray* to reach and treat areas where mosquitoes rest inside the home.

Do-it-yourself products*

Product	Active ingredient	Brand name examples**	How long it works
Indoor flying insect spray	Imidacloprid, β -Cyfluthrin	Home Pest Insect Killer, Raid, Ortho, HotShot, EcoLogic	7-10 days
Indoor flying insect fogger	Tetramethrin, Cypermethrin	Hot Shot, Raid, Real Kill, Spectracide	Up to 6 weeks

**Insecticide brand names are provided for your information only. CDC and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

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