

# Informing Yourself on Zika Virus

# Virus Background

Zika virus was first reported over 50 years ago.

- 1947: First identified in the Zika forest in Uganda.
- 2007: First major outbreak in Yap (Micronesia).
- 2013: Outbreak in French Polynesia.
- 2014: Cases in Pacific Islands.
- 2015: Outbreak in Brazil.
- 2016: In greater than 20 countries in the Americas.



# How do you get Zika?

- Spread through the bite of an infected mosquito
  - *Aedes aegypti* and *Aedes albopictus*.
    - Same mosquitoes that spread illnesses such as: dengue, chikungunya, and yellow fever.
- Mother-to-child during pregnancy or delivery.
  - Possible association between infection during pregnancy and microcephaly in babies.
- Sexual transmission or blood transfusion.

# Aedes Mosquitoes

*Aedes aegypti*



*Aedes albopictus*



# *Aedes Aegypti*

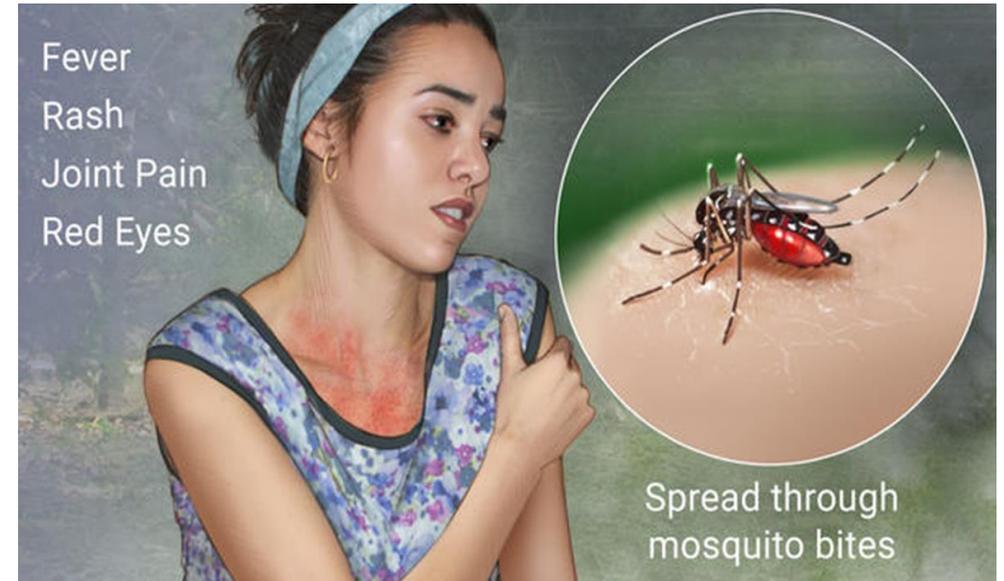
- *Aedes aegypti* mainly breeds in the domestic environment.
- Preferred habitat: water storage tanks and jars inside and outside houses. Also roof gutters, leaf axils, and bamboo stumps.
- Temporary containers such as jars, drums, used car tires, tin cans, bottles and plant pots.
- All these habitats typically contain relatively clean water.
- Bite primarily at dusk and dawn.
- Lives mainly in towns and cities.

# *Aedes albopictus*

- It breeds in temporary containers but prefers natural ones in forests, such as tree holes, leaf axils, ground pools and coconut shells.
- Often breeds outdoors in gardens and less frequently indoors in artificial containers.
- Bite primarily during the day.
- Lives mainly away from towns and cities.

# Symptoms of Zika Infection

- Only 1 in 5 people (20%) develop symptoms.
- Most common symptoms: fever (greater than 100.4°F or 38°C), rash, joint pain, or red eyes (conjunctivitis).
- Other symptoms could include muscle pain and headache.
- Can last days to weeks.
- Incubation period is unknown.
- Virus likely in blood for 1 week after illness.



# Control of *Aedes* Mosquitoes

- Reduce or eliminate habitats.
- Limit storage of water inside and outside the house.
- Prevent accumulation of water in tins, can, bottles, tires, etc.



# Prevention

- Use of insect repellents (e.g. DEET).
  - DEET should not be used on children under 2 years of age.
- Wear bite-proof long sleeves and pants.
- Treat clothing with pyrethroids insecticides.
  - Look at the label: common names of pyrethroids always end in –thrin or –ate.
- Secure screens on windows and doors.
- Sleep under a mosquito bed net if you are overseas or outside.
- Dress children in clothing that covers arms and legs.



# Recommendations for Pregnant Women

- Avoid travel to areas with ongoing Zika infection if possible.
- Avoid sexual contact with anyone who may have been infected with the Zika virus, or use condoms for the duration of the pregnancy.

# Testing Recommendations

- Anyone who has travelled to any of the countries with ongoing Zika transmission and 2 of the 4 symptoms (fever, rash, conjunctivitis, joint pain).
- All pregnant women who has travelled to any of the countries with ongoing Zika transmission in the last 2-12 weeks.
- Pregnant women with a history of unprotected sexual contact with someone with Zika infection.

# DC DOH Zika Contact Information

DC DOH Zika Resource Page:

<http://doh.dc.gov/publication/zika-virus-information>

Email Address:

[DOH.EPI@dc.gov](mailto:DOH.EPI@dc.gov)

CDC Zika Website:

<http://www.cdc.gov/zika/>