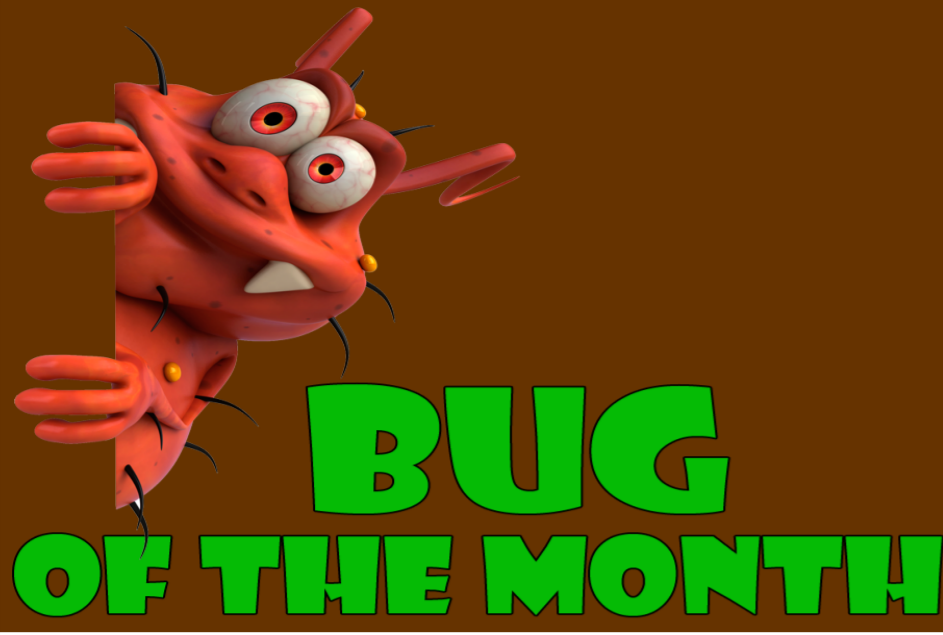


# For Staff /Patient Education



# Zika Virus Disease

February 2016

## What is it?



- **Zika virus disease** is caused by a virus transmitted by *Aedes mosquitoes*.
  - It is an emerging *mosquito-borne virus* that was first identified in Uganda in 1947 in rhesus monkeys through a monitoring network of sylvatic yellow fever.
  - It was subsequently identified in humans in 1952 in Uganda and the United Republic of Tanzania. Outbreaks of Zika virus disease have been recorded in Africa, the Americas, Asia and the Pacific.
  - **Genre:** Flavivirus
  - **The incubation period:** is not clear, but is likely to be a few days.
  - 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
  - **Signs and symptoms are:** Fever, Skin Rashes, Conjunctivitis, Muscle or joint pain, Malaise, Headache
  - Zika virus is diagnosed through **PCR** (polymerase chain reaction) and **virus isolation** from blood samples.
  - There have been reports of a serious birth defect of the brain called [microcephaly](#) and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant.

## How is it spread?

- Imported Case: A person who was bitten by an infected mosquito while travelling away from home.
- Local Transmission: A person who has not travelled recently gets bitten by an infected mosquito where they live, work or play.
- Zika virus can be spread from a pregnant woman to her unborn baby.

## Where is it found?


- **Reservoir:** Unknown
- The virus usually remains in the blood of an infected person for about a week but it can be found longer in some people.

## Prevention and Control?

- If you have recently traveled, tell your healthcare provider when and where you traveled.
- Reducing mosquitoes through source reduction (removal and modification of breeding sites). It is also important to empty, clean or cover containers that can hold water such as buckets, flower pots or tires, so that places where mosquitoes can breed are removed.
- Reducing contact between mosquitoes and people. This can be done by using insect repellent; wearing clothes that cover as much of the body as possible; using physical barriers such as screens, closed doors and windows; and sleeping under mosquito nets.
- Women who are pregnant: Consider postponing travel to any area where Zika virus transmission is ongoing.
- If you must travel to one of these areas, talk to your doctor first and strictly follow [steps to prevent mosquito bites](#) during your trip.
- If you have a male partner who lives in or has traveled to an area where Zika transmission is ongoing, either abstain from sex or use condoms consistently and correctly for the duration of your pregnancy.
- For women who are trying to become pregnant: Before you or your male partner travel, talk to your doctor about your plans to become pregnant and the risk of Zika virus infection.
- Zika virus disease is usually relatively mild and requires **no specific treatment, nor vaccine available**. People infected are advised to **get plenty of rest, drink enough fluids and treat pain and fever with common medicines**.
- If symptoms worsen, they should seek medical care and advice.

For more information contact:



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Source:

- <http://www.cdc.gov/zika/index.html>
- <http://www.moh.gov.sa/en/CCC/PublicHealthAlerts/Pages/zika.aspx>



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