

Zika Virus Disease

1. What is Zika virus disease?

Zika is a disease caused by a virus (germ) that spreads to people by Aedes mosquito bites. It causes illness mostly in people living in Southern Mexico, areas of Central and South America, and the Caribbean. In January 2016, Zika was found for the first time in the United States in someone who traveled to Central America.

2. Have any Zika virus cases been reported in Riverside County?

As of August 1, 2016, one case of Zika has been reported in the county. The individual traveled to a country with Zika transmission. Cases have been reported in surrounding counties. Information on the number of cases in California is located at <http://www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx>

3. How does this disease spread?

Zika is spread by a type of mosquito that bites during the day. This mosquito can be found in Riverside County, but no locally acquired human cases of Zika have been identified. If you go to an area where Zika is found, avoid mosquito bites while traveling and when you return to Riverside County.

4. Can Zika virus be sexually transmitted?

Spread of Zika virus through sexual contact has been reported. Although there is limited data about the risk. It is not clear how frequently Zika virus is transmitted through sex and how long infected persons might be infectious. The risk for sexual transmission of Zika virus can be eliminated by abstinence and reduced by correct and consistent use of condoms.



Key Points:

- Zika spreads to people from mosquito bites. It's found mostly in Southern Mexico, Central and South America and the Caribbean.
- Avoid mosquito bites if visiting areas known to have this disease.
- Aedes mosquitos have been found in Riverside County.
- Most people do not become ill after being bitten by an infected mosquito.
- Pregnant women infected with Zika may be at risk of having a baby with birth defects.
- There is no medicine or vaccine to treat or prevent this disease.

5. Can animals spread Zika virus?

There is no evidence that Zika virus is spread to people from contact with animals. Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito. Other than humans, the only animals known to be infected with Zika virus are monkeys and apes.

6. What are the symptoms?

Most people infected with Zika virus have no symptoms, or will only have mild symptoms. Common symptoms of Zika are fever, joint pain, rash, red eyes and sometimes headache or muscle pain. These begin 3–7 days after being bitten by an infected mosquito. People rarely die from this disease. See your doctor if you think you or someone from your family has this disease.

7. How is Zika treated?

There is no specific treatment for Zika. Talk to your health care provider about medications to help reduce fever and pain; rest and fluids are also helpful. Most people feel better in about a week.

8. What is known about Zika during pregnancy?

If a pregnant woman becomes infected with Zika virus, her baby may be born with a smaller head than normal. Women pregnant in their first trimester who become infected with Zika are at greater risk of having a baby with birth defects. The CDC recommends that women who are pregnant, or may become pregnant, avoid traveling to areas with Zika. If you are pregnant and you or your sexual partner traveled to an area with Zika, call your doctor and talk about your travel, even if you don't have signs of illness.

9. How can I prevent getting this disease?

Avoid mosquito bites, especially when visiting places known to have this disease. Use Environmental Protection Agency (EPA) approved bug spray and wear long-sleeved shirts and long pants or clothing specially treated to avoid mosquito bites.

Men who reside or have traveled to an area with active Zika virus transmission who have a pregnant partner should abstain from sexual activity or consistently and correctly use a condom. Pregnant women should discuss their male partner's potential exposures to mosquitoes and history of Zika-like illness with their health care provider

10. Can I donate blood if I recently traveled to an area with ongoing Zika virus transmission?

Spread of Zika virus through blood transfusion has been reported. Therefore, the American Red Cross has asked blood donors to wait 4 weeks (28 days) after risk of exposure to Zika virus before they donate blood. Risk of exposure includes:

- Travel to or residence in countries on the Centers for Disease Control and Prevention (CDC) Zika Travel Information list within the last four weeks,
- Diagnosis of Zika virus infection,
- Existence of two or more Zika virus infection symptoms within two weeks of leaving an area with local transmission, and/or
- Sexual contact within the last four weeks with a man who in the three months before sexual contact was diagnosed with Zika virus infection, or traveled to or resided in an area with local Zika virus transmission.

Potential donors with any of these risks should postpone scheduling their blood donation until four weeks after the end of the defined risk period. Additionally, blood donors must immediately report any signs of illness to the Red Cross within 14 days of donation.

11. Where can I get more information on Zika?

- Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov/zika/index.html>
- CDC Travel Health Notices: <http://wwwnc.cdc.gov/travel/notices>
- CDPH : <http://www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx>
- Riverside County Disease Control: <http://www.rivco-diseasecontrol.org>