



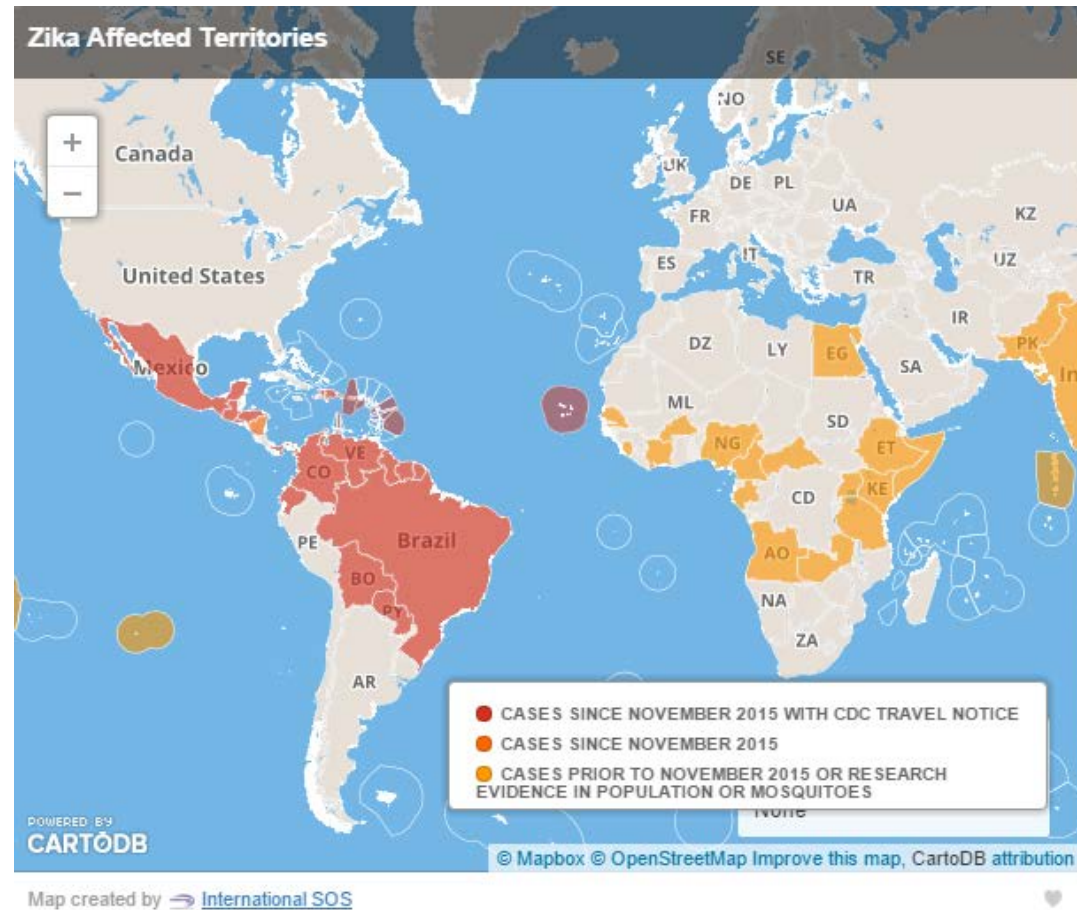
Zika

**Know the risks and
protect yourself**

Disclaimer: This content has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

What is Zika virus disease?

- Zika virus disease is an emerging mosquito-borne illness.
- Virus was discovered in 1947.
- First large outbreak occurred in Yap (Micronesia) in 2007.
- Spread to Brazil in May 2015, with rapid spread through the Americas, with thousands of people infected.
- May spread to many more areas.



Zika virus circulates in tropical areas of Africa, the Americas, Southern Asia and Western Pacific.

How does Zika virus spread?

Zika virus is **commonly** transmitted to humans through the bite of an infected *Aedes* mosquito (the same mosquito spreads dengue, chikungunya and yellow fever).

- These mosquitoes mostly bite during the **day - inside and outside.**

Other types of transmission:

- From mother to newborn around time of delivery or possibly during pregnancy
- Blood transfusion
- Sexual contact (rare)
- Perhaps through infected monkey bite (rare)



Zika virus symptoms

Most people have no symptoms. One in five will get symptoms about two to seven days after the mosquito bite.

Common symptoms include:

- Fever
- Rash
- Muscle and joint pain
- Conjunctivitis (red eye)
- Headache

Most people recover in about a week

Symptoms are similar to dengue fever and chikungunya, or malaria. These diseases are often present in the same locations.



Zika virus complications

- Some complications have been reported, although it is not clear if Zika is responsible.
- More scientific investigation is underway.
- The virus appears to be associated with
 - brain malformations in the babies of women who were infected while pregnant, including “microcephaly” (small head circumference and brain damage).
 - “poor outcomes” in pregnancy such as miscarriage or still birth.
 - Guillain-Barré syndrome - muscular weakness which can be mild or severe, leading to respiratory failure.



Zika virus diagnosis and treatment

Diagnosis:

- Suspected based on symptoms and history of exposure (e.g. travel).
- Specialised blood tests are needed to confirm the diagnosis.

Treatment

- No specific treatment is available.
- Treatment is mainly supportive and includes rest, plenty of water.
- If using medicine to relieve fever and pain **AVOID** aspirin / non-steroidal anti-inflammatories (such as ibuprofen) unless dengue has been excluded, as these medicines can make bleeding worse.



Prevent Zika

There is no vaccine. Prevent infection by preventing mosquito bites.

- **Outside**

- Wear clothing that covers most of the body (long sleeves and long pants), cover your feet with socks and shoes.
- Consider treating clothing with an insecticide if you are very likely to be exposed to mosquitoes.
- Avoid mosquito breeding areas (still water).
- Use an effective insect repellent such as one containing DEET,

- **Inside**

- Choose air conditioned accommodation.
- Ensure windows and doors have insect screens.
- Sleep under an insecticide-treated bed (even if resting during the day).



Zika virus prevention

Prevent mosquito breeding sites around your home:

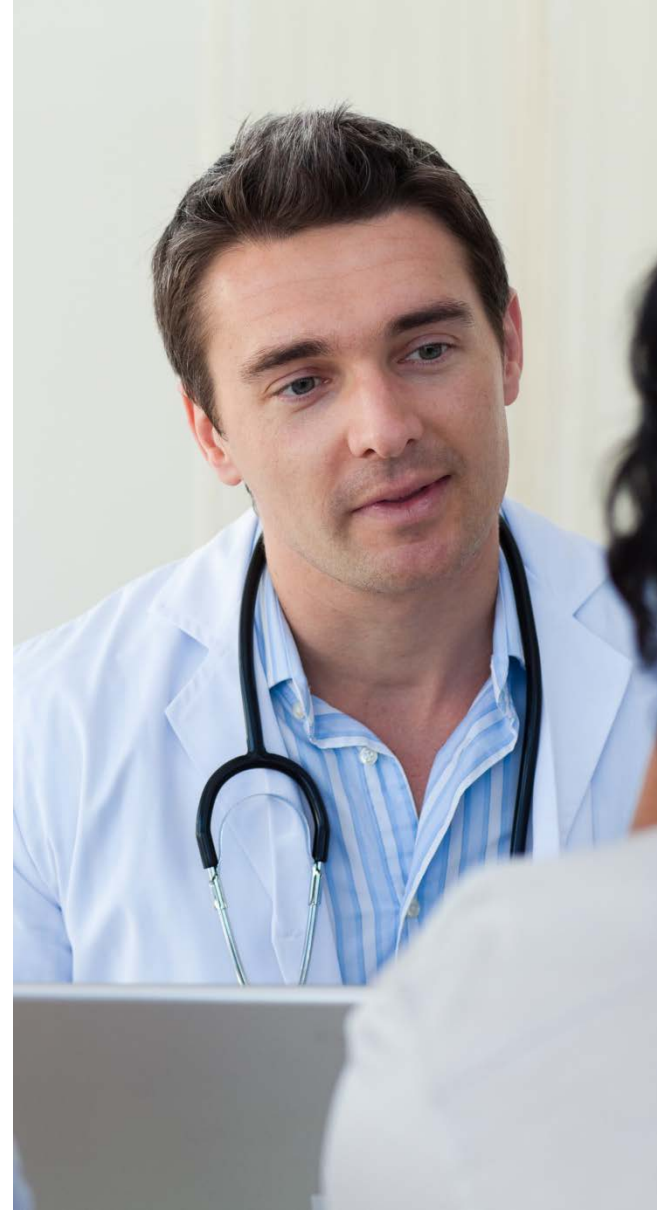
- Clear any standing water.
- Turn buckets and watering cans upside down when not in use.
- Don't place dishes of water under pot plants.
- Clean up and dispose of fallen leaves regularly.
- Clear any stagnant water in air conditioning units and gutters.



Should I see a doctor?

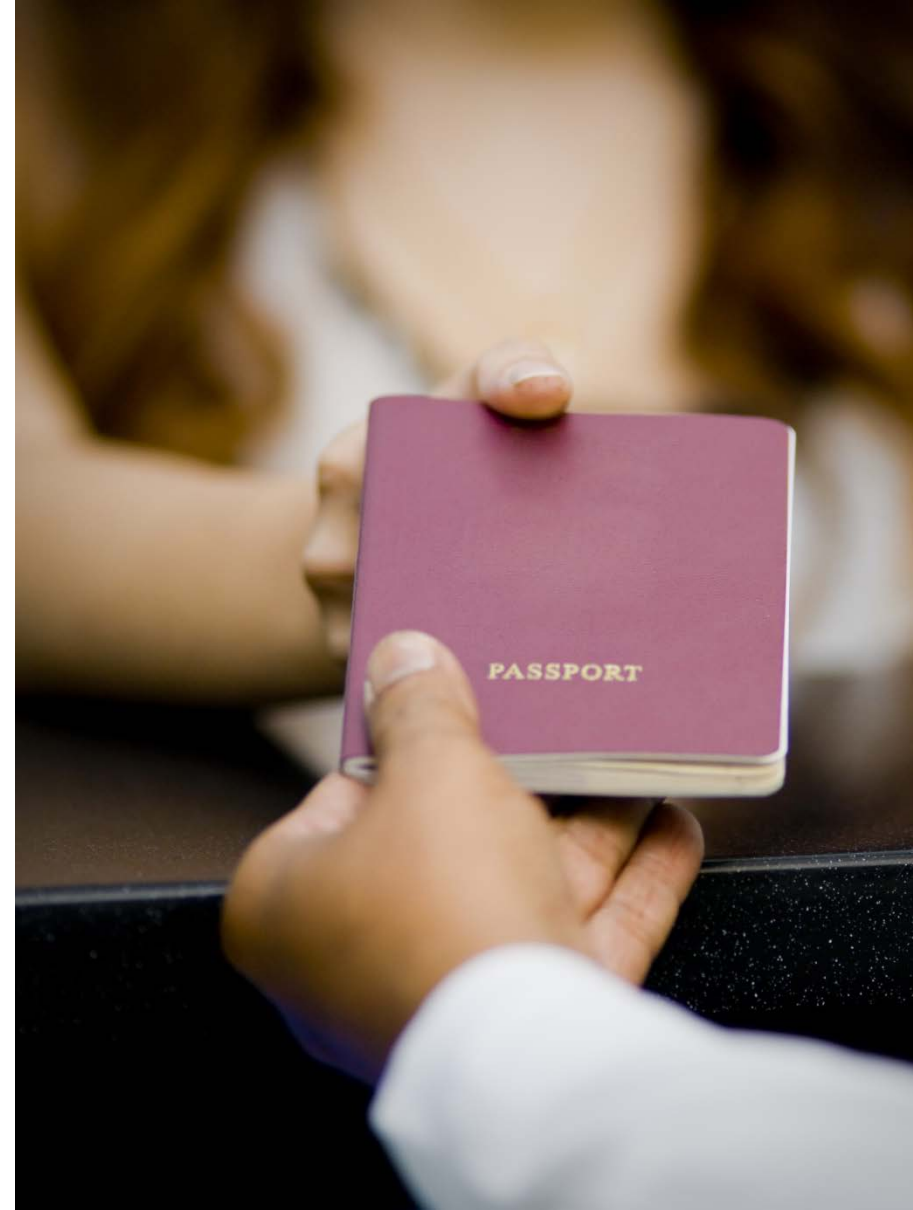
If you have symptoms

- If you are or have been in a location that has **malaria, see a doctor promptly**. Malaria can be rapidly fatal if not treated.
- If your symptoms are more than mild, see a doctor.
- If you live in an area that does NOT have Zika – public health may be involved to make a diagnosis, ensure you are well cared for, and prevent an outbreak occurring.
- **If you are pregnant, or could be pregnant**, and you are or have been to a place with Zika in the last two to three weeks – seek medical advice promptly. You may be tested for Zika and may need to have special monitoring of your pregnancy.



Should I travel to a place with Zika?

- You should always consult your doctor to get an individual recommendation.
- Whilst the association between Zika and birth defects is uncertain, many authorities are advising pregnant women to consider postponing their travel to affected areas, especially to areas with increasing or widespread transmission.



More information

Visit the dedicated International SOS Zika Portal:
<https://pandemic.internationalsos.com/zika>

The screenshot shows the International SOS Zika Portal. The browser address bar displays <https://pandemic.internationalsos.com/zika>. The website has a dark blue header with the International SOS logo on the left and navigation links (Home, Overview, Subscribers, Countries, Newsroom, Ebola, Zika) in the center. On the right of the header are links for About Us, Careers, CSR, and Foundation, along with a Member login button. A search bar is located below the navigation links. The main content area is titled 'ZIKA VIRUS' and features a map of affected territories, a detailed description of the virus, and a list of resources. The map shows the spread of Zika virus from the Americas to Europe and Africa. The text explains that Zika virus is a mosquito-borne disease discovered in the 1940s, with an outbreak in Micronesia in 2007 and a major outbreak in Brazil in May 2015. It notes that there is currently no vaccine and no cure. The resources section includes links to Zika Home, Map of Affected Countries or Territories, Latest Zika News, Travel Advice, Facts and Prevention, Zika FAQs, Member Resources, and Pandemic Information Subscriber Tools. There are also images of a mosquito and a person in a lab coat.

ZIKA VIRUS

Zika virus is a mosquito borne disease. Discovered in the 1940s, only occasional human cases were reported until 2007 when an outbreak occurred in Micronesia. Since it appeared in Brazil in May 2015, it has been spreading explosively in the Americas. There is growing evidence linking the disease to birth defects and neurological complications, yet there is currently no vaccine, and no cure.

This website provides International SOS members with news, travel advice, facts and resources. Pandemic Information subscribers have access to additional tools.

Click on the map or [here](#) to view the interactive map of Zika affected territories.

ZIKA VIRUS

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- Map of Affected Countries or Territories
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Latest News
24/7 coverage on important Zika news.

Travel Advice
Information for travellers to affected areas.