

ZIKA VIRUS INFECTION

Zika virus is a mosquito-borne flavivirus transmitted primarily by the *Aedes aegypti* mosquito (day time mosquito). It is the same mosquito that carries Dengue Fever and Chikungunya. Mosquitos become infected when they feed on a person already infected with the virus. Infected mosquitos spread the virus to other people through bites. In May 2015, **Zika virus** was reported in Brazil. As of January 15, 2016 at least 14 countries in the Americas including Puerto Rico, reported transmission of the virus. **Zika virus** infections have been confirmed in several infants with microcephaly and in fetal losses in women infected during pregnancy. CDC reports that additional studies are needed to further characterize this relationship.

Symptoms: Acute onset of fever, maculopapular rash, arthralgia or conjunctivitis. Illness is usually mild lasting several days to one week.

Diagnosis: Symptomatic individuals who report travel from affected countries within two weeks are recommended to be tested. Dengue Fever and Chikungunya should be ruled out. **Zika virus** usually remains in the blood of an infected person for a few days to a week. To confirm evidence of the virus infection serum specimen should be collected within the first week of illness. Testing is not available through commercial labs, but can be performed at New York State Department of Health Wadsworth Center. Providers need to contact their local health departments to facilitate testing and diagnosis.
Treatment and

Prevention: Currently no specific treatment or vaccines are available for the virus. Supportive care is the recommended treatment at this time including rest, fluids, and use of analgesics and antipyretics. The best way to prevent the virus is to avoid mosquito bites, use air conditioning or screens when indoors, and wear long sleeves and pants, and use insect repellent when outdoors. Pregnant women in any trimester should consider postponing travel to areas where the **Zika virus** transmission is ongoing. CDC has issued Level 2 travel notices: <http://wwwnc.cdc.gov/travel/notices>

Reporting: Hospitals and healthcare providers must report suspected cases of **Zika virus** to the local health department where the patient resides.

For more information for clinicians go to: <http://www.cdc.gov/zika/hc-providers/index.html>

For interim guidelines for pregnant women:

<http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm>