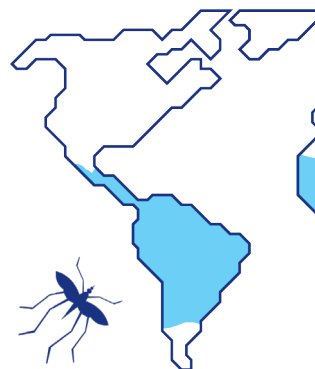




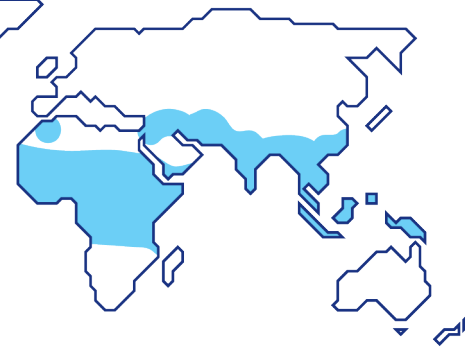
What

ZV is caused by the bite of certain infected mosquito species. These mosquitoes bite during the day and night. The role of other mosquitoes is being investigated. The virus may be spread from mother to fetus and may be spread via bodily fluids, including semen and blood.



Who

All people living in Zikavirus (ZV) endemic regions and travellers visiting these regions are at risk of acquiring ZV infection.

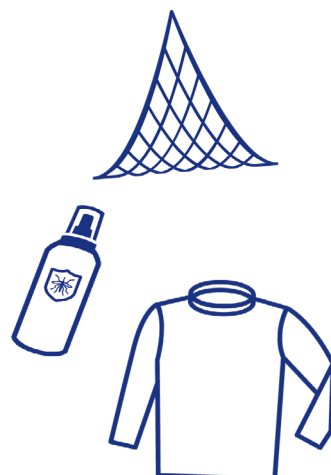


Where and when

ZV outbreaks have occurred in Africa, Southeast Asia, the Pacific Islands, the Americas, and the Caribbean. ZV infections may occur in areas where the transmitting mosquito is active. The mosquitoes that transmit Zika virus are rare in regions above 2000 meters. Travelers are advised to consult their travel doctor for the latest information.

Prevention

The best way to prevent diseases transmitted by insects is to avoid being bitten. This may be done by use of insect repellents, wearing protective clothing, sleeping under insectnets or in airconditioned rooms. Avoid mosquito-breeding areas. When you do get infected, it is equally important to prevent mosquito bites. There is no available vaccine to prevent Zika virus infection. Pregnant travelers of people with the intention to get pregnant should consult their travel doctor before traveling to ZV endemic areas. Local residents are advised to follow Local Health Protection advice.



Treatment

The diagnosis of the Zika infection can be made by detecting ZV in blood or urine, or by detecting antibodies in blood. There is no specific antiviral treatment. Treatment is aimed at reducing symptoms. The management of infected pregnant women goes beyond the scope of this factsheet.

Symptoms

About 3-12 days following the bite of an infected mosquito symptoms may appear. 20-25% of infected people will develop symptoms. Many infected people will have no or only mild symptoms. Symptoms include fever, headache, (pruritic) rash, joint pain, red eyes and muscle pain and may last for several days to a week. The disease is usually mild and self-limiting. Transmission to the unborn child may lead to severe damage if the child especially in the first trimester.



In case of infection

After recovery from a ZV infection, life long immunity is usually established. Zika virus infection during (early) pregnancy can cause birth defects of the brain called microcephaly and other severe brain defects. ZV infection is also linked to miscarriage and stillbirth. Specific neurological symptoms may follow a ZV infection in the minority of cases.