



Examining Zika Virus: Transmission, Symptoms, Treatment, and Prevention

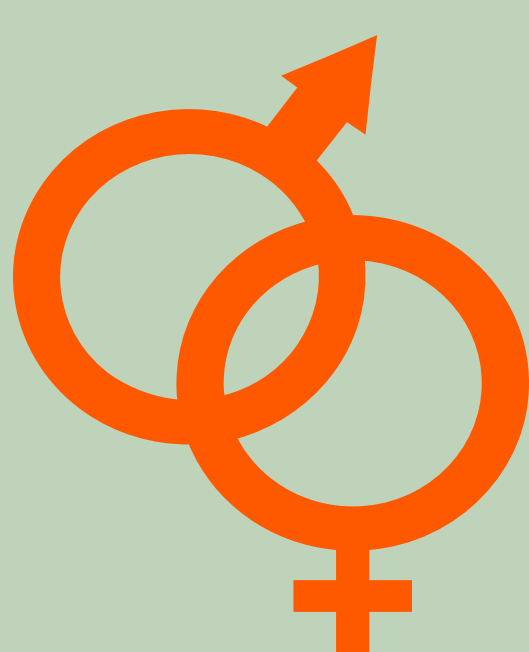
The Zika virus is carried by infected *Aedes aegypti* mosquitos and transmitted through bites.¹ The virus is still circulating in many parts of the world with documented outbreaks affecting regions such as Mexico, Central America, South America, and the Caribbean.²

1 Transmission³



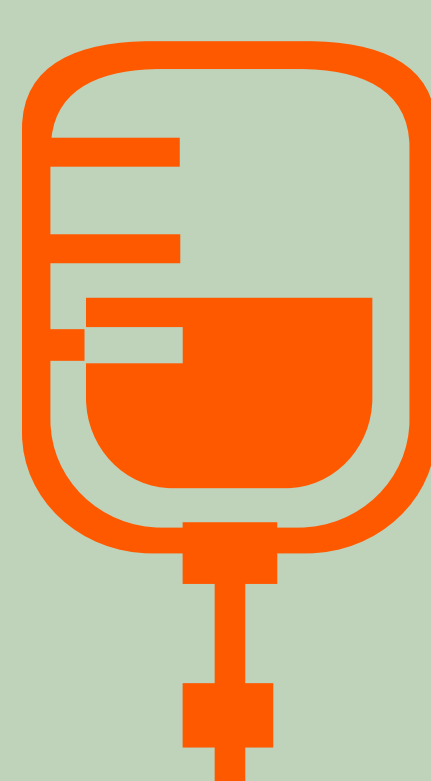
Aedes aegypti Mosquito Bite

A mosquito bites an infected human within the first week of disease and becomes a carrier. Then, it can bite and infect other humans.



Sexual Transmission

An infected person transmits the virus via bodily fluids during intercourse.



Blood Transfusion

Zika virus can be transmitted through blood transfusion.



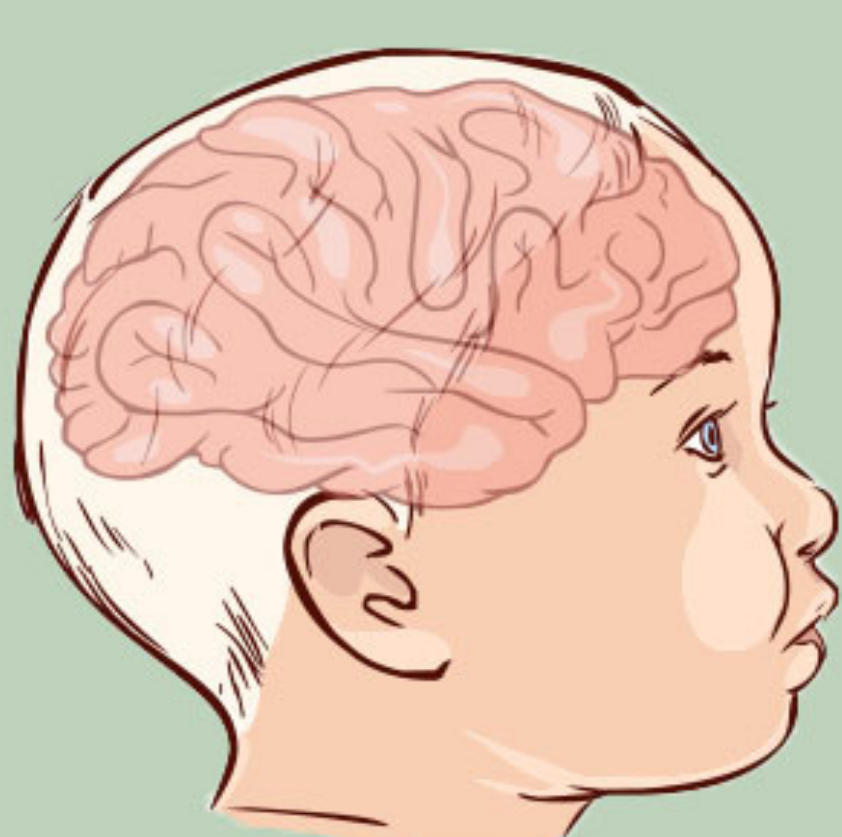
Mother to Child

A pregnant mother can transmit the Zika virus to her child through blood during pregnancy or milk during breastfeeding.

2 Microcephaly⁴

If the virus is passed to the fetus during pregnancy, the developing baby will have an increased chance of birth defects such as microcephaly- a condition where the head is significantly smaller than normal. Other developmental problems include hearing loss, brain tissue damage, and eye defects.

Normal Head Size



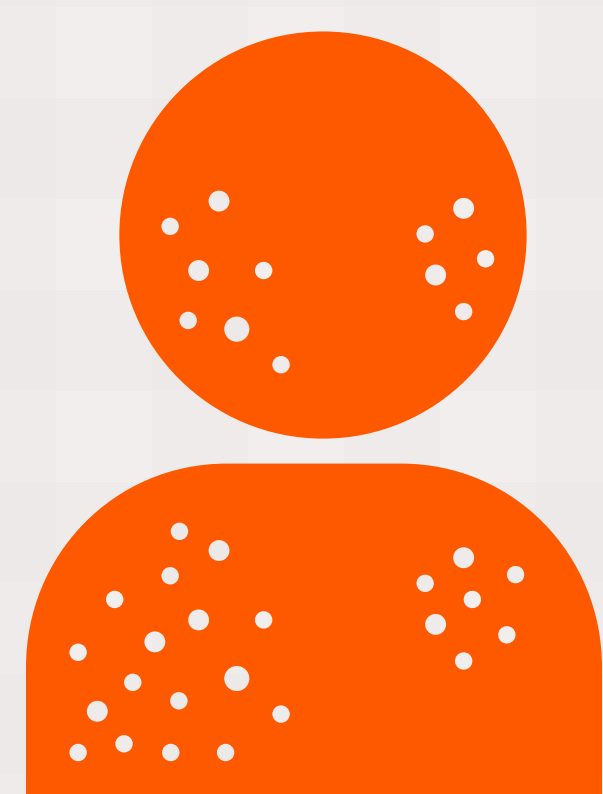
Microcephaly



3 Symptoms³



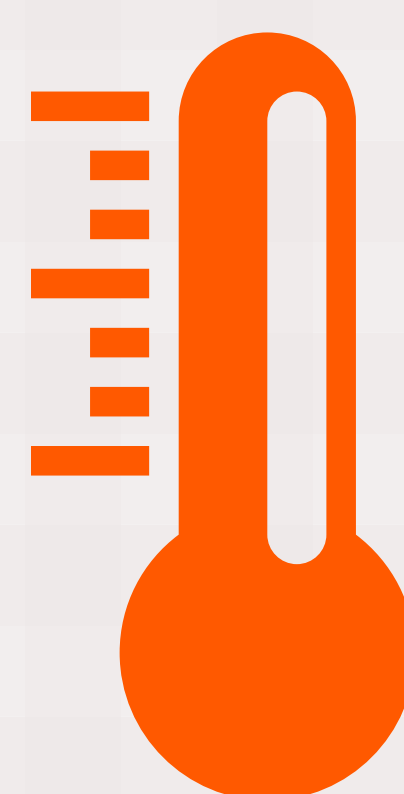
Headache



Rash

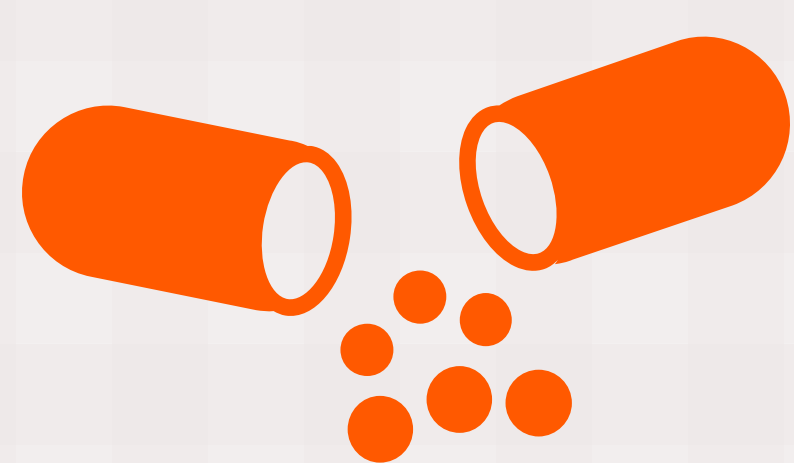


Muscle and Joint Pain



Fever

4 Treatment³



Pain relief medication to help with fever and pain



Water to prevent dehydration



Rest to help the body combat the infection

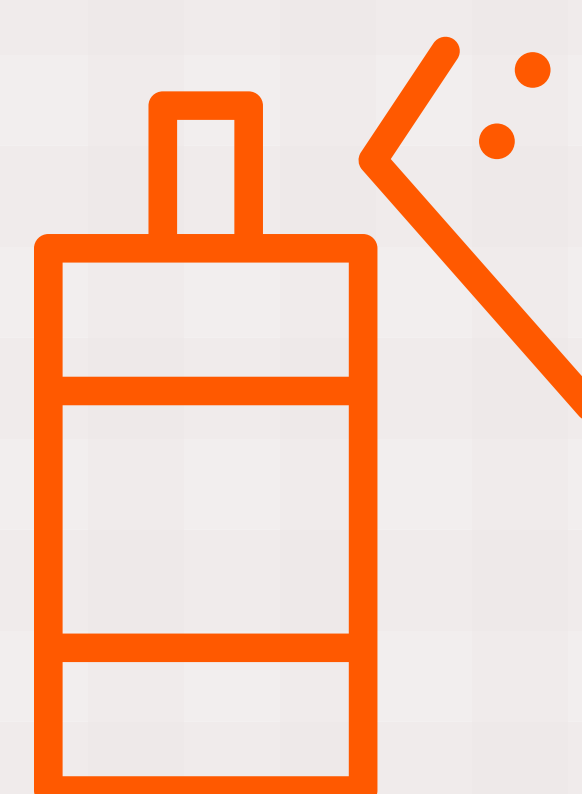


There is no specific vaccine or antiviral treatment for Zika

5 Prevention³



Avoid traveling to countries with known Zika virus outbreaks



Avoid mosquito bites by using insect repellents

- 1) Fitzgerald D, Boyle C, Honein M. Birth defects potentially related to Zika virus infection during pregnancy in the United States. HHS. 2018. 319(12): 1195-1196.
- 2) Sharp TM, Fischer M, Munoz-Jordan JL, et al. Dengue and Zika virus diagnostic testing for patients with a clinically compatible illness and risk for infection with both viruses. MMWR. 2019. 68(1): 1-10.
- 3) Saiz JC, Martin-Acebes MA, Bueno-Mari R, et al. Zika virus: what have we learnt since the start of the recent epidemic? *Front. Microbiol.* 2017. 8(8): 1554. Doi: 10.3389
- 4) Styczynski AR, Malta JMAS, Krow-Lucai E, et al. Increased rates of Guillain-Barre syndrome associated with Zika virus outbreak in the Salvador metropolitan area, Brazil. *PLoS Negl Trop Dis.* 2017. 11(8): e0005869. Doi:10.1371.