

A dark silhouette of the continents of North and South America is positioned on the right side of the slide, extending from the top right towards the bottom right. The background is a solid dark blue-grey color.

ZIKA VIRUS

COMMUNITY INFORMATION FORUM

Presented by:
Fort Carson Preventive Medicine Department
Evans Army Community Hospital

OBJECTIVES

- What is Zika?
- Where is it located?
- How is it transmitted?
- What are the symptoms?
- How is it diagnosed?
- How can I protect myself?



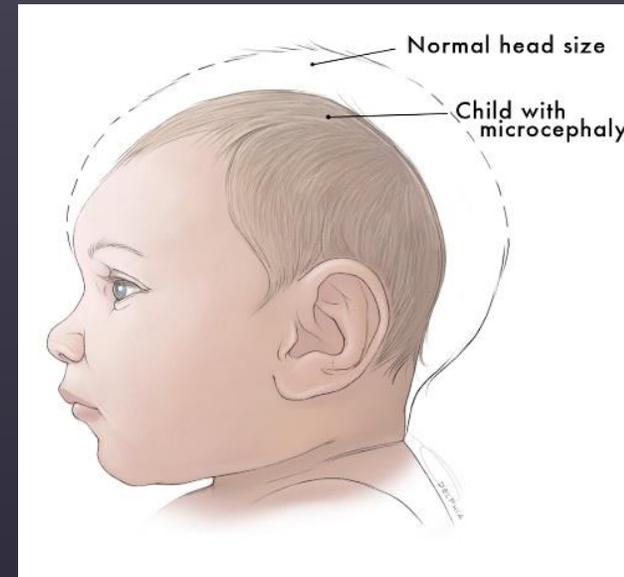
INTRODUCTION

- Zika is a virus spread by the *Aedes aegypti* mosquito
- First discovered in 1947 in the Zika forest of Uganda
- Spread to South America in 2015
- Projected spread to southern United States in 2016



INTRODUCTION

- Zika Virus may cause neurological disorders
- Zika Virus has been associated with birth defects
 - Microcephaly
 - Incomplete brain development



ZIKA VIRUS RANGE

- Currently outbreaks are reported in many countries:
 - Africa
 - Southeast Asia
 - Pacific Islands
 - Central/South America
- U.S. States
 - No local mosquito-borne Zika virus has been reported
 - Travel associated cases have resulted in local spread of the virus



ZIKA VIRUS AND FORT CARSON

- Aedes species mosquitoes are not common to Colorado
- Traveler cases of Zika can be expected
- Sexual transmission of Zika is confirmed
- Mosquito population surveillance is conducted
- Evans Army Community Hospital can screen and test for Zika virus



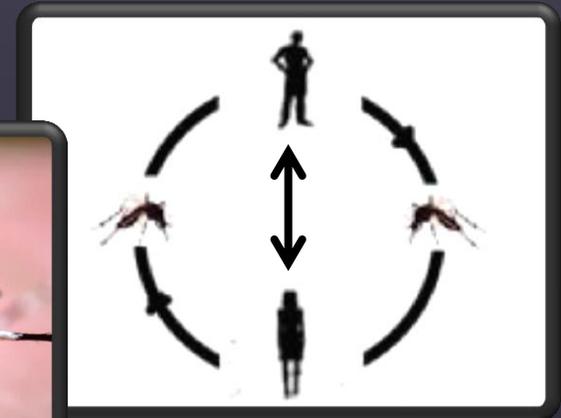
Aedes aegypti



Aedes albopictus

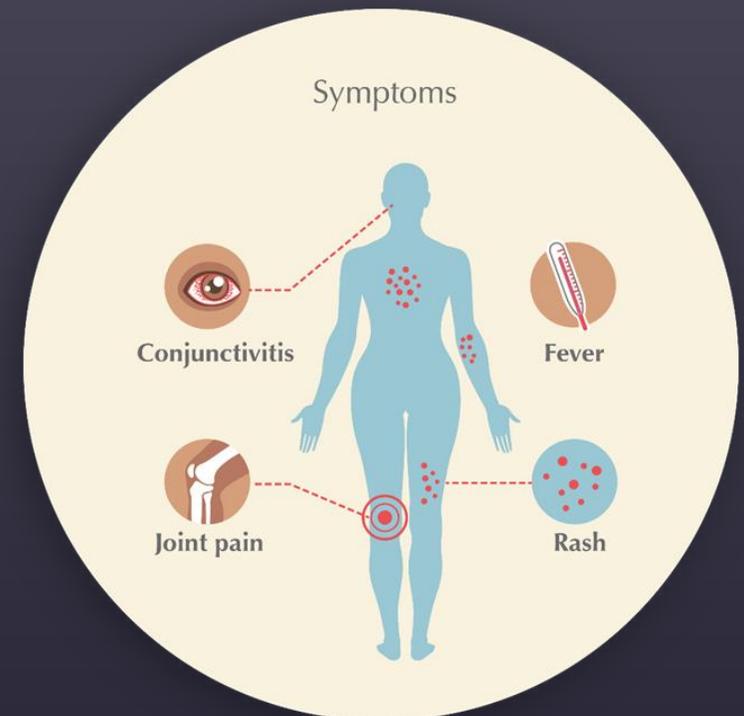
TRANSMISSION

- Zika can be transmitted:
 - From the bite of an infected Aedes species mosquito
 - From an infected mother to child during pregnancy
 - Infected through sexual contact
 - Blood transfusion



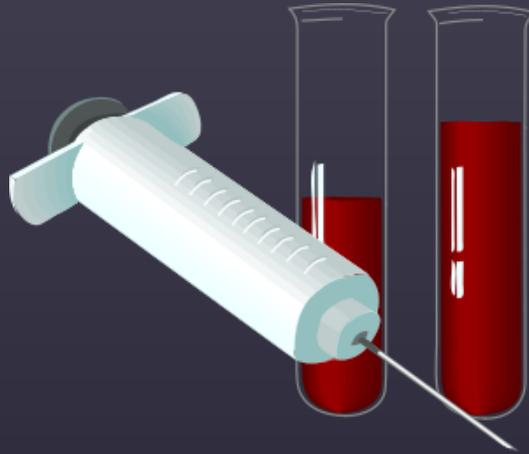
SIGNS AND SYMPTOMS

- ~1 in 5 infected people show signs of illness
- Illness is usually mild – lasting several days to a week
- Symptoms include:
 - Fever
 - Rash
 - Joint Pain
 - Conjunctivitis (Pink Eye)
 - Headache



DIAGNOSIS

- Diagnosis is based on:
 - Symptoms
 - Travel History
 - Blood Tests



TREATMENT

- No specific medical treatment
- Supportive care for symptoms:
 - Rest
 - Fluids
 - Medication to lower fevers



PREGNANCY AND ZIKA VIRUS

- Babies infected during pregnancy may be born with birth defects:
 - Incomplete brain development
 - Microcephaly
- Pregnant couples or couples planning to become pregnant should avoid travel to affected areas
- If travel cannot be avoided, take all precautions to prevent mosquito bites



PREGNANCY AND ZIKA VIRUS

- If your partner has traveled to a Zika affected area and has had symptoms, avoid sex or use condoms for duration of pregnancy
- If your partner has traveled to a Zika affected area and has not had symptoms, avoid sex or use condoms for at least 6 months
- Testing is recommended for pregnant women who have traveled to an affected area within 2-12 weeks of returning

PREVENTION

- United States blood donations are now screened
- No vaccine is currently available
- Follow universal mosquito prevention recommendations



UNIVERSAL MOSQUITO PREVENTION

- Eliminate standing water around the home
- Change water in pet bowls and wading pools daily



MOSQUITO BITE PREVENTION

- Other measures:
 - Avoid time outside when mosquitos are active
 - Use window and door screens or air conditioning when possible
 - Use insect repellent containing 20-50% DEET
 - Treat clothing with permethrin
 - Wear long sleeve shirts and long pants



ADDITIONAL INFORMATION

- Evans Army Community Hospital is prepared to assist all beneficiaries with Zika concerns
- Please contact your medical provider if you have any health related questions

QUESTIONS

