

Zika

What is Zika? It is a mosquito-borne virus primarily from the *Aedes aegypti* mosquito.



How is it spread?

It is spread by mosquito bites, human to human through sexual contact, blood or blood products, maternal transmission to unborn baby.

What are the symptoms? Most people (75- 80%) are asymptomatic meaning they have no symptoms of being bitten. When symptoms do occur, they are usually mild and last 5-7 days. Common symptoms include: fever, headache, rash, joint aches, infection in the eyes (pink eye) and temporary hearing loss.

What is the treatment? There's no cure or antiviral treatment available, therefore treatment consists of rest, hydration, and pain and fever control with acetaminophen. Do not use aspirin or NSAIDs until your physician determines that it is safe for you. Avoid further exposure to mosquitoes to reduce additional transmission of the virus.

How do we prevent acquiring the virus? There is no vaccine or preventive medicine, however there are several trials in progress studying the virus. There is a vaccine that is currently in phase I trials. Presently, avoiding infested areas, reducing standing water in your yard, and using insecticides when outdoors is recommended.

Remove standing water in your yard where the mosquitoes lay eggs such as empty flowerpots, old tires, buckets, toys, birdbaths, and trash containers. For collection of water that cannot be drained, Mosquito Dunks can be used which will kill the mosquito larvae or eggs.

Topical insect repellants are the only prevention. Products that are commercially available are following in order of efficacy:

1. DEET are in such products as OFF (SC Johnson), Cutter (Spectrum brands)
2. Sawyer products (Sawyer, Safety Harbor FL.)
3. For people who cannot take DEET:
 - a. Picaridin, icaridin, oil of lemon eucalyptus, and para-menthane-idol are protective yet not as effective as DEET.
4. Do not use topical insect repellants on babies less than 2 months old.
5. Do not spray on face, apply to hands and rub on face.
6. Experts do not recommend using DDT due to the many diseases and cancers that are associated with DDT.

CDC Advisory:

1. For women who are pregnant or planning pregnancy: Avoid travel to regions that have a known outbreak.
2. For men who live in or have traveled to an area of active transmission: abstain from sexual activity or use condoms consistently, particularly with pregnant women.
3. Zika is a reportable illness, contact your Dr If you have symptoms of the disease associated with a mosquito bite.

For More Information:

<http://www.cdc.gov/zika>.

<https://edis.ifas.ufl.edu/pdffiles/IN/IN104500.pdf>

<http://mosquito.ifas.ufl.edu/>

BLOGS (Pinellas County Extension Service)

<https://blogs.ifas.ufl.edu/pinellasco/2016/08/24/zika-pinellas-county/>

<http://blogs.ifas.ufl.edu/pinellasco/?s=mosquito+control>

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Rev 7/2018