

Zika : Update 2017



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. The first cases of locally transmitted Zika virus in the continental United States were confirmed in Florida in July 2016.

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 danger? Pregnant women infected with Zika virus can pass the infection onto their babies during pregnancy or around the time of birth. During fetal development, Zika virus can cause a serious birth defect of the brain called microcephaly, a condition in which a baby's head is abnormally small and can be associated with incomplete brain development. Additionally, other fetal development problems may occur including eye defects, hearing loss, and impaired growth.

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? Presently, there are no vaccines approved to prevent infection, however, The National Institute of Allergy and Infectious Disease is now testing several vaccines. One of these, a DNA based vaccine (VRC 705), is in the second phase of clinical trials to establish safety.

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 (Purchased at Walmart, Home Depot or Lowes) can be used which will kill the mosquito larvae or eggs.

Topical insect repellants are the only current 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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