

CDC Update on Zika Virus



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What is Zika virus disease (Zika)?

- Disease spread primarily through the bite of an *Aedes* species mosquito infected with Zika virus.
- Many people infected with Zika virus won't even know they have the disease because they won't have symptoms.
- For those who do have symptoms, they are mild and last for several days to a week.



Where has Zika virus been found?

- Before 2015, Zika outbreaks occurred in Africa, Southeast Asia, and the Pacific Islands.
- Currently outbreaks are occurring in many countries and territories.



CASE COUNTS AND OUTCOMES OF ZIKA VIRUS

US States*

- **388** travel-associated cases†
- **0** locally transmitted cases‡

- **33** pregnant women
- **1** case of Guillain-Barre syndrome
- **8** sexually transmitted cases

US Territories

- **3** travel-associated cases†
- **500** locally transmitted cases‡

- **48** pregnant women
- **4** case of Guillain-Barre syndrome
- **0** sexually transmitted cases

*41 states and District of Columbia

†Includes cases in travelers and their contacts with presumed sexual or in utero transmission

‡Presumed local mosquito-borne transmission

as of April 20, 2016

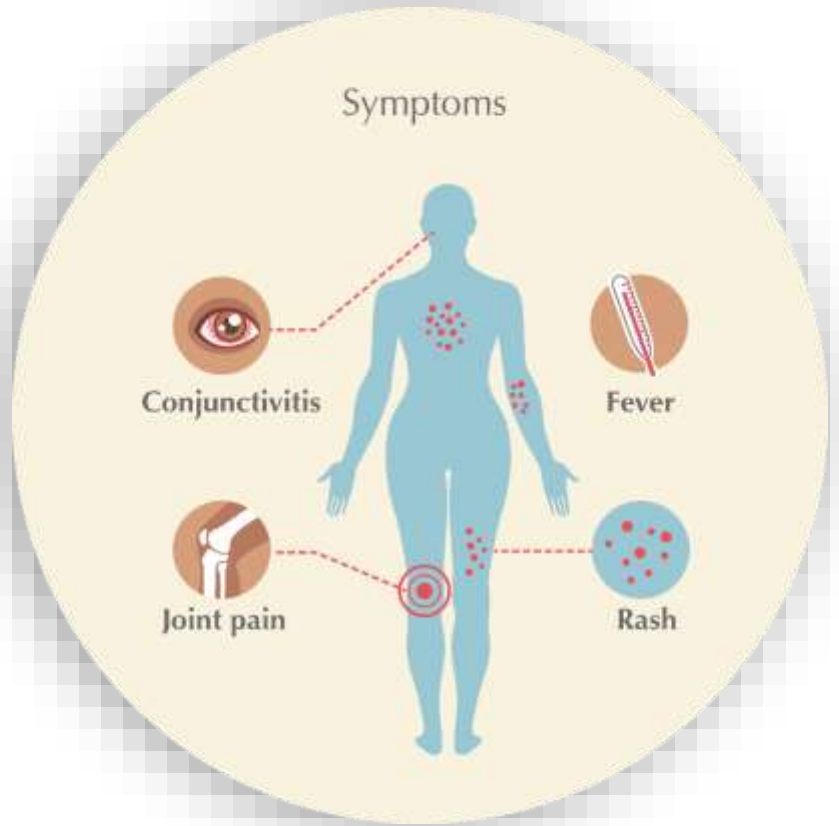
How is Zika transmitted?

- Zika can be transmitted through:
 - Mosquito bites
 - From a pregnant woman to her fetus
 - Sexual contact
 - Blood transfusion



What are the symptoms?

- The most common symptoms of Zika are:
 - Fever
 - Rash
 - Joint pain
 - Conjunctivitis (red eyes)
 - Muscle pain
 - Headache



Zika and Pregnancy

- Zika virus can pass from a pregnant woman to her fetus during pregnancy or around the time of birth.
- Linked to early pregnancy loss and other health outcomes
- Previous Zika virus infection
 - Unlikely to affect future pregnancies
 - Likely protects against future infection



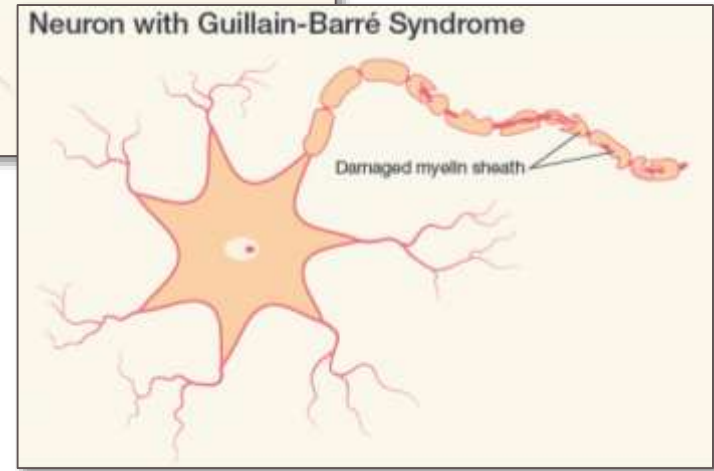
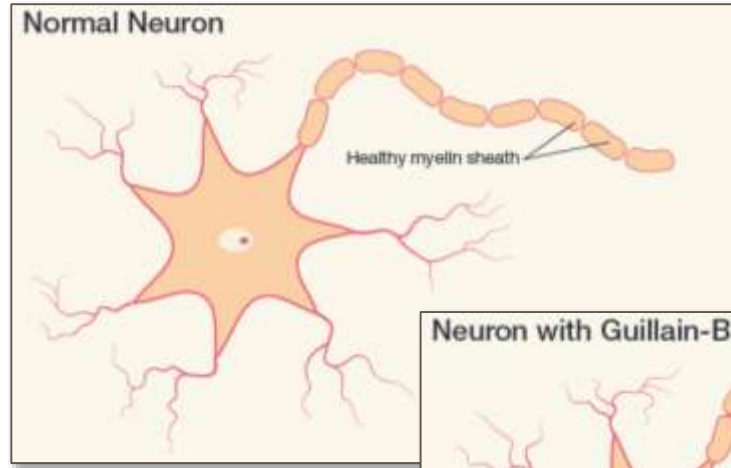
Zika and Microcephaly

- Zika infection in pregnancy can cause microcephaly and other brain defects.
 - Microcephaly: birth defect in which a baby's head is smaller than expected when compared to babies of the same sex and age.



Does Zika cause Guillain-Barré Syndrome (GBS)?

- GBS is very likely triggered by Zika in a small proportion of infections, much as it is after a variety of other infections.
- GBS is an uncommon sickness of the nervous system in which a person's own immune system damages the nerve cells, causing muscle weakness, and sometimes, paralysis.



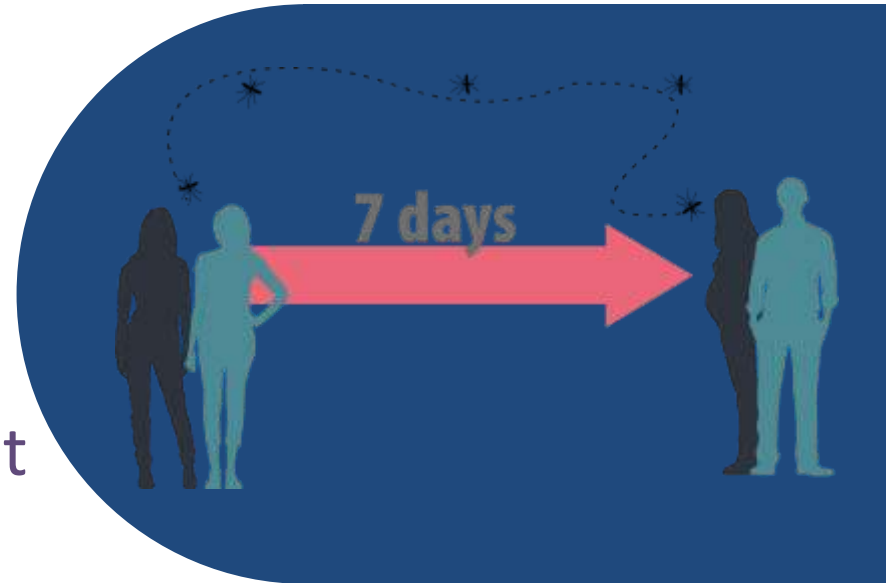
How is Zika treated?

- There is no specific medicine or vaccine for Zika virus.
- Treat symptoms
 - Rest
 - Drink fluids to prevent dehydration
 - Take acetaminophen (Tylenol[®]) to reduce fever and pain



How is Zika treated?

- Protect yourself from mosquito bites. During the first week of illness, Zika virus can be found in blood for about a week. If a mosquito bites the person, it becomes infected and can pass the infection to others.



Zika is primarily transmitted through mosquito bites. Protect yourself.



Estimated Range of *Aedes aegypti* and *Aedes albopictus* Mosquitoes in the United States

Aedes aegypti



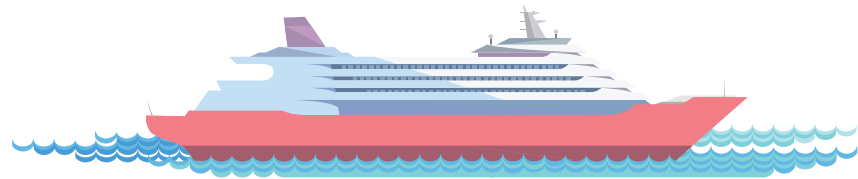
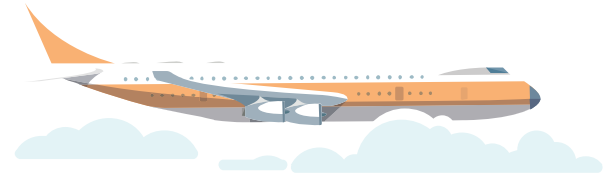
Aedes albopictus



*2016 maps have been updated from a variety of sources. These maps represent CDC's best estimate of the potential range of *Aedes aegypti* and *Aedes albopictus* in the United States. Map is not meant to represent risk for spread of disease.

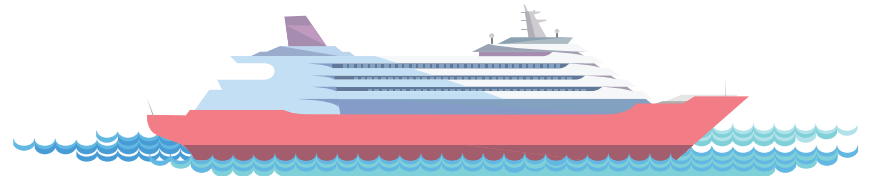
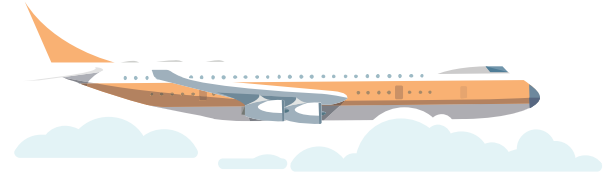
Do your homework before traveling

- If you are pregnant, you should not travel to any area with Zika. If you must travel, talk to your doctor or other healthcare provider before your trip.
- If you are trying to get pregnant, talk to your doctor or other healthcare provider before you travel.



Do your homework before traveling

- If you choose to travel:
 - Strictly follow steps to prevent mosquito bites to protect yourself and your family.
 - Even if you do not feel sick, travelers returning to the United States from an area with Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to uninfected mosquitos.



Do your homework before traveling

See the latest travel notices at:

wwwnc.cdc.gov/travel/page/zika-travel-information

Zika Travel Information



For the most current information about Zika virus, please visit www.cdc.gov/zika

Zika Travel Notices

- [Zika Virus in Cape Verde](#)
- [Zika Virus in the Caribbean](#)
Currently includes: Aruba, Barbados, Bonaire, Curaçao, Dominican Republic, Guadeloupe, Haiti, Jamaica, Martinique, the Commonwealth of Puerto Rico, a U.S. territory, Saint Martin, U.S. Virgin Islands
- [Zika Virus in Central America](#)
Currently includes: Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Panama
- [Zika Virus in Mexico](#)
- [Zika Virus in the Pacific Islands](#)
Currently includes: American Samoa, Samoa, Tonga
- [Zika Virus in South America](#)
Currently includes: Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Paraguay, Suriname, Venezuela

For Travelers

- [Avoid Bug Bites](#)
- [Insect Repellent Use and Safety](#)
- [Zika virus | CDC](#)

For Clinicians

- [Zika For Healthcare Providers](#) on CDC's Zika site
- [Update: Interim Guidelines for Health Care Providers Caring for Pregnant Women and Women of Reproductive Age with Possible Zika Virus Exposure — United States, 2016](#)
- [Interim Guidelines for Prevention of Sexual Transmission of Zika Virus — United States, 2016](#)
- [CDC Health Alert Network advisory: Recognizing, Managing, and Reporting Zika Virus Infections in Travelers Returning from Central America, South America, the Caribbean, and Mexico for Zika virus](#)
- [Possible Association Between Zika Virus Infection and Microcephaly — Brazil, 2015](#)

What is CDC doing?

- Working with partners to:
 - Educate healthcare providers and the public about Zika.
 - Post travel notices and other travel-related guidance.
 - Provide state and territorial health laboratories with diagnostic tests.
 - Create and distribute Zika Prevention Kits for affected US territories



What is CDC doing?

- Working with partners to:
 - Monitor and report cases.
 - Support mosquito control programs both in the United States and around the world.
 - Conduct studies to learn more about Zika and microcephaly and Guillain-Barré syndrome.
 - Create action plans for state and local health officials to improve Zika preparedness.






CDC has Developed Messaging

- Fact Sheets
- Posters
- Videos

Zika Virus

[Zika Virus Home](#) | [CDC - Zika Virus Home](#) | [Communication Resources](#)


Fact Sheets & Posters



  

Language: English ▾


Fact sheets



College Spring Break




- English  [PDF - 1 page]
- Spanish  [PDF - 1 page]



Family Spring Break




- English  [PDF - 1 page]
- Spanish  [PDF - 1 page]

Pregnant? Read this before you travel



- English  [PDF - 2 pages]
- Spanish  [PDF - 3 pages]





For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention