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

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*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

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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 mosquitoes.
Do your homework before traveling

See the latest travel notices at:

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