



## City of Wauwatosa Health Department

### Zika Virus Fact Sheet



- Zika virus was first discovered in the 1940s in Africa. Most recently the virus has been confirmed in Mexico and in many Central American and Caribbean countries. Cases confirmed in the United States are in individuals that traveled to these countries. To date Zika virus has not been spread by mosquitoes in the continental United States.
- The virus is primarily transmitted through the bite of an infected *Aedes* mosquito. The mosquito becomes infected when they bite a person already infected with the virus and then proceed to bite another.
- The current species of mosquito that carries Zika virus is not indigenous to Wisconsin, but can be found in the southeastern portion of the United States.
- Individuals are at risk of acquiring Zika virus if they live in or travel to an area where the virus is found.
- There is no vaccine or medication to prevent Zika. The best way to prevent disease spread is to protect yourself from mosquito bites.
- Approximately 80% of people infected with Zika will show no symptoms. For those that do become ill (usually 2-7 days after mosquito bite), the symptoms are generally mild and include:
  - Fever
  - Rash
  - Joint Pain (arthralgia)
  - Red eyes (conjunctivitis)
- There have been reports of Zika causing Guillain-Barre syndrome (disease of the nervous system), serious birth defects (microcephaly) and other poor pregnancy outcomes.
- Until more is known about Zika and the potential risks associated with the virus, the CDC recommends special precautions for the following groups:
  - Women who are pregnant (in any trimester) with recent travel history to an infected country or with upcoming travel plans to those impacted areas should speak with their doctor.
  - Women who are trying to become pregnant with travel plans to Zika infected areas should speak with their doctor about their pregnancy plans and potential exposure risks.
- There is no medicine to treat Zika. Treatment should be supportive in nature to treat the symptoms. Get plenty of rest. Drink fluids to prevent dehydration. Take medicine such as acetaminophen (Tylenol) to reduce fever and pain.
- Currently the Wisconsin Division of Health Services in conjunction with local physicians are screening patients for risk factors for the virus and sending bloodwork to the CDC for testing as needed.
- For more information visit the CDC Zika website: <http://www.cdc.gov/zika/> or the Wisconsin Division of Health Services Zika website: <https://www.dhs.wisconsin.gov/arboviral/zika.htm>.