



ZIKA VIRUS

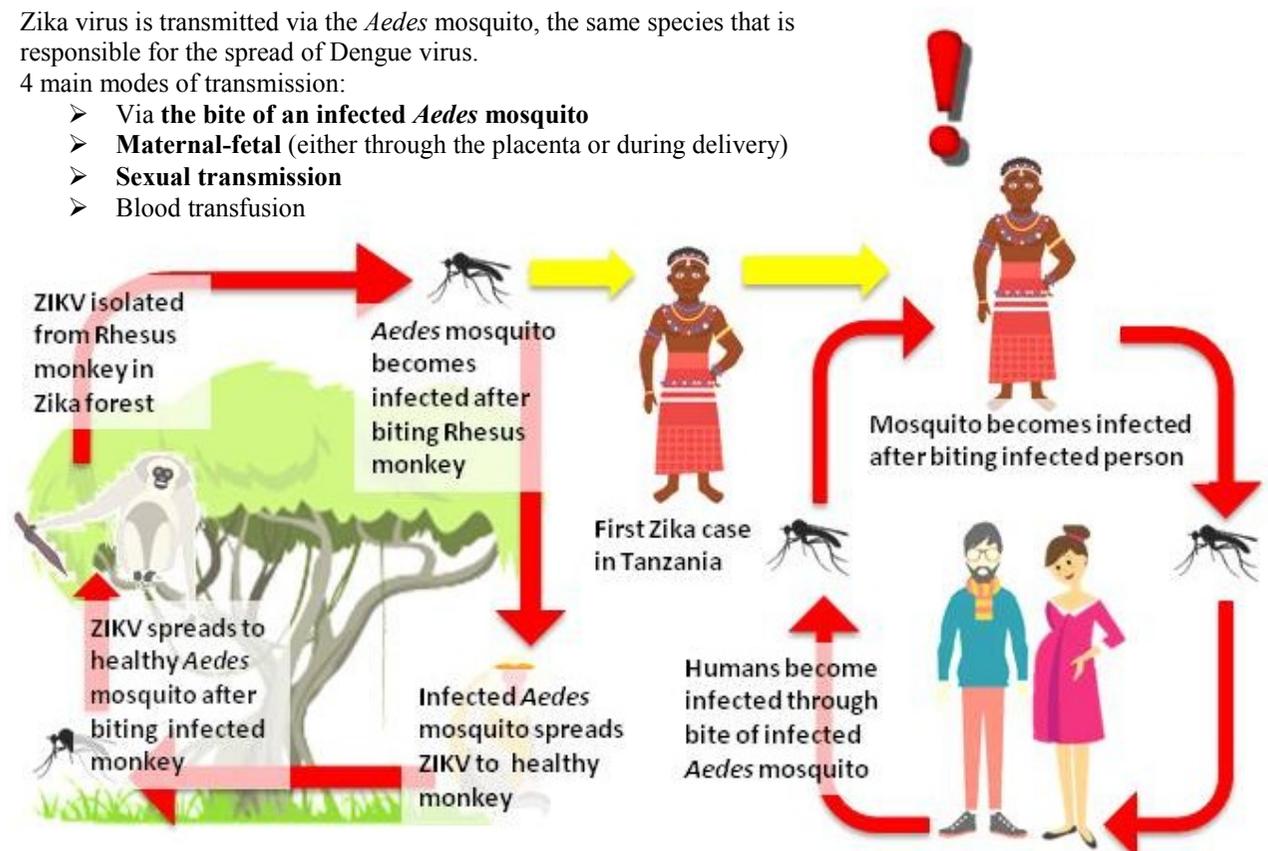


Introduction

Zika virus (ZIKV) infection in humans has been reported since the 1950s. Zika virus infection is a **mosquito-borne infection** and has **symptoms similar to Dengue**. Singapore's first imported case of Zika virus infection was confirmed on 13th May 2016, and we should exercise vigilance to prevent the spread of the Zika virus infection.

Transmission

- Zika virus is transmitted via the *Aedes* mosquito, the same species that is responsible for the spread of Dengue virus.
- 4 main modes of transmission:
 - Via the bite of an infected *Aedes* mosquito
 - Maternal-fetal (either through the placenta or during delivery)
 - Sexual transmission
 - Blood transfusion



Diagnosis

- To date, the Zika virus infection **can only be confirmed through a blood test**.
- See your doctor if you develop any of the signs and symptoms mentioned below and have visited an area where Zika is found.
- **If you have recently travelled, inform your doctor when and where you have travelled.**

Signs and symptoms

- Only 1 in 5 infections are symptomatic.
- Zika virus infection is generally a **mild and self-limiting** illness.
- Symptoms of Zika are similar to those of **Dengue**:

	Acute onset of low-grade fever (37.8 – 38.5 °C)		Diarrhea
	Headache		Red eye (Conjunctivitis)
	Rash		Muscle aches
	Nausea		Joint pains

Areas with Zika

Refer to the **Ministry of Health (MOH)** website for an updated list of areas with Zika virus outbreak / ongoing local transmission



https://www.moh.gov.sg/content/moh_web/home/pressRoom/Current_Issues/2016/zika-virus.html

Treatment

- There is **no medicine to specifically treat** the Zika virus infection.
- **Treat the symptoms:**
 - ✓ Get plenty of rest
 - ✓ Prevent dehydration by drinking enough water
 - ✓ Paracetamol may be useful in reducing fever or pain
- ! Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue can be ruled out to reduce the risk of bleeding

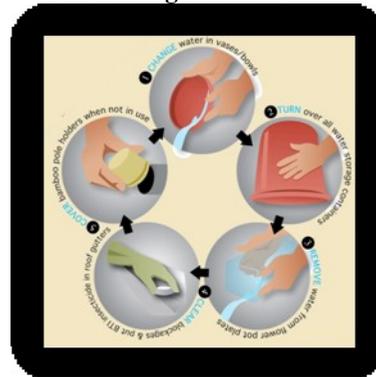
Complications

The Zika virus infection has been known to result in **microcephaly** (where baby's head is born smaller than normal) and **Guillain-Barré syndrome** (a disorder of the nervous system).

Prevention

- There is currently no vaccine to prevent the Zika virus infection.
- 3 main ways to prevent the spread of the Zika virus:

1. Remove stagnant water



2. **Avoid mosquito bites** by applying insect repellents / wearing adequate clothing for protection.
3. **Postpone travel to areas with ongoing outbreak or local transmission**

Zika & Pregnancy

- ! Zika virus infection during pregnancy has been **linked to babies born with microcephaly** (where baby's head is much smaller than normal).
- ! Zika virus infection in a woman who is **NOT** pregnant will not pose a risk for birth defects in future pregnancies after the virus has cleared from her blood.
- ! **Prevent sexual transmission of the Zika virus** by ensuring that condoms are used correctly from start to finish, every time during sex.



Baby with Microcephaly

Updated on 3rd June 2016

Disclaimer

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Images from:

1. Baby with microcephaly - <http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html>
2. 5-step mozzie wipeout - <http://www.motherinc.org/seriously-somewhat-serious/the-mozzie-wipeout/>