

# HEALTH ADVISORY: ZIKA VIRUS

## Zika Virus Disease (ZIKV)

is an emerging viral disease transmitted primarily through the bite of an infected mosquito (*Aedes spp.*) that is most active during the daytime in warm weather. This mosquito also transmits diseases like Dengue and Chikungunya in India. The World Health Organization declared it a Public Health Emergency of International Concern (PHEIC) on 1st February 2016.



### TRANSMISSION

- Through the bite of an infected *Aedes aegypti*, *Aedes albopictus*, commonly called tiger mosquitos.
- Through sexual contact or blood transfusion with an infected person have been reported.
- Rarely, from an infected mother to newborn child near the time of delivery (during labor)
- Possibly, from an infected mother to her fetus during pregnancy.



### FACTS

- 80% of people infected with Zika show no symptoms
- Severe disease requiring hospitalization is uncommon
- Fatalities are rare

### PRECAUTIONS

- Mosquito bite prevention: wear protective clothing, use insect repellents, sleep with mosquito bed net, empty water containers, coolers, plant pots, drip trays at least once weekly
- Practice safe sex, prohibiting sexually transmitted diseases (STDs), with infected persons
- Do not share blood with infected persons
- Same precautions as dengue fever, chikungunya, and malaria

REVIEW TRAVEL ADVISORIES

### CURRENT INFECTION

Source: Centers for Disease Control and Prevention (CDC, USA)



Countries with Past or Current Evidence of Zika Virus Transmission (as of December 2015).

MILD 2-7 DAYS

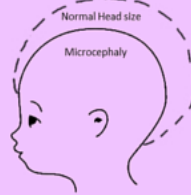
### SYMPTOMS

fever  
rash

headaches  
joint pain

red eyes

### COMPLICATIONS



In some pregnant women infected with Zika:

- Poor pregnancy outcomes
- Can cause a serious birth defect, microcephaly, where the baby's head circumference measures <31 cm at birth. Microcephaly is linked with seizures, hearing loss, vision problems, delay in milestones, feeding problems
- Guillian-Barre syndrome.

**Microcephaly** (Head circumference – starting above the eyebrows and ears and around the back of the head, measuring less than 31 cms measured within 48- 72 hours of birth ).

### TREATMENT

Relieve pain, fever, and any other symptom that inconveniences the patient. To prevent dehydration, it is recommended to control the fever, rest, and drink plenty of water.



Department of Health Helping YOU

Surveillance in 12 Districts

Rapid Response Teams (RRTs) at District Surveillance Units (DSUs) to monitor the fever surveillance and outbreak detection in identifying clustering of acute febrile illness and seek primary case, if any, who travelled to affected countries with ongoing transmission in the 2 weeks preceding the onset of illness after being tested negative for Dengue/Chikunguniya



**Suspected Cases :** Patient with skin rash or rise in temperature (>37.2 C) with one or more of the following symptoms (not explained by other medical conditions): **1. Arthralgia** **2. Non purulent conjunctivitis or conjunctival hyperemia** **3. Headache or malaise with a history of travel to countries with indigenous transmission of Zika in last 2 weeks**

**Confirmed Cases:** A suspected case with a lab positive result for the specific detection of Zika virus by RT PCR.

**At this time, there are no known cases of Zika virus in Kashmir, and the probability of infection is relatively low due to the high altitude and cooler temperatures unique to Kashmir.**

### INTEGRATED DISEASE SURVEILLANCE PROGRAMME (IDSP)

Directorate of Health Services Kashmir, India

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