



ZIKA VIRUS UPDATE:

Zika virus is spread to people through mosquito bites. The most common symptoms of Zika virus disease are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon.

The CDC has issued a travel alert for people traveling to regions and certain countries where Zika virus transmission is ongoing: the Commonwealth of Puerto Rico, a U.S. territory; Brazil; Colombia; El Salvador; French Guiana; Guatemala; Haiti; Honduras; Martinique; Mexico; Panama; Paraguay; Suriname; Venezuela; Barbados, Bolivia, Ecuador, Guadeloupe, Saint Martin, Guyana, Cape Verde, and Samoa.

Until more is known, and out of an abundance of caution, CDC continues to recommend that pregnant women and women trying to become pregnant take the following precautions:

- **Pregnant women** in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who must travel to one of these areas should talk to their doctor or other healthcare professional first and strictly follow steps to avoid mosquito bites during the trip.
- **Women trying to become pregnant** should consult with their healthcare professional before traveling to these areas and strictly follow steps to avoid mosquito bites during the trip.

Outbreaks of Zika have occurred in areas of Africa, Southeast Asia, the Pacific Islands, and the Americas. Because the *Aedes* species mosquitoes that spread Zika virus are found throughout the world, it is likely that outbreaks will spread to new countries. In December 2015, Puerto Rico reported its first confirmed Zika virus case. Locally transmitted Zika has not been reported elsewhere in the United States, but cases of Zika have been reported in returning travelers.

There is no vaccine to prevent or medicine to treat Zika, but travelers can protect themselves from this disease by taking steps to prevent mosquito bites. When traveling to countries where Zika virus or other viruses spread by mosquitoes have been reported, use insect repellent, wear long sleeves and pants, and stay in places with air conditioning or that use window and door screens.

Links for more information on the Zika virus

CDC Zika Website:

<http://www.cdc.gov/zika/index.html>

CDC Travel Notices:

<http://wwwnc.cdc.gov/travel/notices>

Infographic:

http://www.paho.org/hq/index.php?option=com_content&view=article&id=11554&Itemid=41673&lang=en

Prevent Mosquito Bites:

<http://www.cdc.gov/zika/prevention/index.html>

Interim Guidelines for Pregnant Women:

[CDC Interim Guidelines for Pregnant Women During a Zika Virus Outbreak — United States, 2016](#)

WHO reports a Guillain-Barre syndrome (GBS) spike:

<http://www.cidrap.umn.edu/news-perspective/2016/01/who-reports-more-local-zika-confirmations-gbs-spike>

Pan American Health Organization for the latest information about affected countries:

http://www.paho.org/hq/index.php?option=com_topics&view=article&id=427&Itemid=41484&lang=en