

Zika Virus

Zika is a viral illness transmitted through mosquito bites.

- Zika virus is an emerging disease rapidly spreading through many tropical countries, including the Pacific Islands and particularly in the Americas.
- It is usually a mild disease. Symptoms include fever, rash, red eyes (conjunctivitis), muscle and joint pains, like many other illnesses. Most people recover in a week. No specific treatment is available.
- The virus might be linked to neurological complications and birth defects.



Zika Virus Prevention

There is no vaccine.

Prevent infection by preventing mosquito bites.

Due to the possible link to birth defects, many authorities are warning pregnant women to reconsider travel to affected areas, or women who live in these areas to consider delaying pregnancy until outbreaks are contained.

Any pregnant woman who is contemplating travel should discuss her risks with her doctor for an individual recommendation.

Seek medical advice if you develop symptoms within two weeks after travelling to an affected area. You may also need to be tested for other mosquito-borne diseases such as dengue and malaria.

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