

Zika Virus Travel Health Information

SDSU Student Health Clinic and Counseling Services

Wellness Center, Brookings SD 57007

Phone 605-688-4157

Zika Methods of Transmission:

Mosquito bites (Similar to Dengue, Chikungunya and Malaria Virus)

Mother to unborn child during pregnancy, maybe at childbirth

Infected blood exposure

Sexual contact

Zika Symptoms - 1 in 5 persons will get ill; symptoms begin 2-5 days after exposure from method above.

Fever

Rash

Joint pain

Red eyes (conjunctivitis)

See health provider soon if you have traveled and think you could have Zika virus; there are lab tests that must be performed within 7 days of symptoms to be able to diagnose.

Treatment- there is no immunization or medication specifically for this.

Rest

Fluid hydration

Acetaminophen per label directions for fever and discomfort

Avoid aspirin and non-steroidal anti-inflammatory meds such as Ibuprofen

Consult with your health provider about other meds you take regularly.

Isolate yourself for one week- to avoid getting new mosquito bites (to prevent transmission to others) and to prevent sexual transmission.

Complications of Zika Virus:

Serious birth defect in brain of fetus/infant called microcephaly

Rarely severe illness or death (20%)

Possibly Guillain-Barre Syndrome

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Zika Prevention (if traveling to Zika risk areas per CDC website)

Cover exposed skin by wearing long-sleeved shirts and long pants.

Use an insect repellent

Always follow product directions and reapply as directed:

If you are also using sunscreen, apply sunscreen first, let it dry, and then apply insect repellent.

Follow package directions when applying repellent on children. Avoid applying repellent to their hands, eyes, or mouth.

Stay and sleep in screened-in or air-conditioned rooms.

Use a bed net if the area where you are sleeping is exposed to the outdoors.

Females:

If unsure of pregnancy status before traveling (at least 1 week before), do pregnancy test. If positive result, do not travel to high risk area. If negative result, start reliable birth control to prevent pregnancy.

Avoid trying to get pregnant 2 weeks before, during, and after your travel for 2-4 weeks minimum. See below. At this time, it is unknown how long viral transmission is possible.

Post trip monitoring for any travelers:

Monitor your health status for 2 weeks post travel; if you develop fever, body ache, rash, or other symptoms, see your health provider.

At this time, it is unknown how long viral transmission is possible. Avoid being sexually active post travel for 2 weeks with or without above symptoms (remember only 20% who get the virus have symptoms). If this is not possible, use reliable birth control.

Resources:

SDSU Student Health Clinic – 605-688-4157- <http://www.sdstate.edu/wellness-center/clinic/index.cfm>

Brookings Family Planning Clinic – 605-688-6622- <http://www.sdstate.edu/wellness-center/family/index.cfm>

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

SD Department of Health- <http://news.sd.gov/agencynews.aspx?id=17>

Sexual transmission- <http://dfw.cbslocal.com/2016/02/02/1st-dallas-co-case-of-zika-virus-acquired-through-sexual-transmission/>

College student contracting virus after travel- <http://www.cbsnews.com/news/virginia-college-student-gets-zika->

Good compilation about Zika Virus- <http://www.uptodate.com/contents/zika-virus-infection?source=related> link