

ZIKA BASICS



Zika is spread mostly by being **bitten by an infected *Aedes* species mosquito**. These mosquitoes are aggressive daytime biters, but can also bite at night.



Common symptoms are fever, rash, joint pain, and conjunctivitis (red eyes) within two weeks of exposure. The symptoms are usually mild and only affect 1 in 5 infected people.



There is **no vaccine or medicine** for Zika. The best way to prevent Zika is to prevent mosquito bites.



Infection during pregnancy may be linked to **birth defects in babies**.



Sexual transmission of Zika virus from a male partner is possible.



Check for **updates on Zika-affected countries** and for issued travel advisories at www.cdc.gov/zika.

This document was developed in partnership with Columbus Public Health, Franklin County Public Health, Mount Carmel Health System, Nationwide Children's Hospital, OhioHealth, and The Ohio State University Wexner Medical Center. Last updated 3/3/2016.

CHECK FOR UPDATES -
www.columbus.gov/Zika



PREGNANT WOMEN & ZIKA

- Pregnant women should **avoid travel** to any area where Zika virus is spreading. See updated map at www.cdc.gov/zika.
- If you must travel to these areas, talk to your doctor first and strictly follow steps to **prevent mosquito bites** during your trip.
- Use condoms every time and correctly with **male partners who have traveled to these areas** or abstain from sex.



MEN WHO HAVE TRAVELED TO AREAS WHERE ZIKA IS SPREADING

If you are sexually active with a woman who is or could become pregnant:

- **Use a condom** every time and correctly - or -
- **Abstain from sex.**



PREVENTION OF MOSQUITO BITES

- **Empty or get rid** of items that hold water around your yard or surroundings.
- **Treat rain barrels** for mosquitoes.
- Check and **repair window screens** around your home.
- Use an **EPA-registered insect repellent** and follow the label carefully.



ZIKA TESTING

- **All travelers with symptoms** (including pregnant women) who have visited a Zika-affected area in the past 12 weeks - seek testing as soon as symptoms appear.
- **Pregnant women** without symptoms who have traveled to a Zika-affected area in the past 12 weeks - contact a healthcare provider about testing.

ZIKA TESTING GUIDANCE

WHO TO TEST:

- **Offer test to all pregnant women (asymptomatic and symptomatic) who have returned from a Zika-affected country in the last 12 weeks.** For asymptomatic pregnant women, submit specimens 2-12 weeks after return from a Zika-affected country. For symptomatic pregnant women, submit specimens from onset of illness up to 12 weeks after return from a Zika-affected country.
- **Test symptomatic travelers (any age or gender) that have traveled to a Zika-affected country.** Specimens may be obtained from onset of illness up to 12 weeks.
- No testing for asymptomatic men or children.
- Guidance for testing of infants and children with possible congenital or perinatal Zika virus infection at <http://www.cdc.gov/zika/hc-providers/qa-pediatrician.html>.



For a current list of Zika-affected countries visit www.cdc.gov/zika/geo.

HOW TO TEST:

Single serum specimens are currently being accepted for PCR and/or antibody testing.

1. **Draw blood** into a serum separator tube. 0.5 ml serum is needed. Refrigerate.
2. **Contact** the Franklin County & Columbus Infectious Disease Reporting System (IDRS) via phone at 614-525-8888 to ensure prompt processing.
3. **Complete the [CDC DASH Form](#)** (open using Internet Explorer) and ODH Microbiology Form (<http://www.odh.ohio.gov/pdf/IDCM/frm2530.pdf>) with the needed information from your institution to be included with the specimen.
4. **Ship or deliver** to ODH Laboratory on frozen freeze packs. Do not ship on Fridays.
5. **Complete the [Mosquito-borne Illness Case Investigation Form](#)** and fax it to IDRS at 614-525-8890.



For more information about testing and the forms above, go to www.IDRSinfo.org.

ADVISING PATIENTS REGARDING PREVENTION

- **Women who are pregnant or trying to get pregnant should avoid travel to Zika-affected areas.**
- **Zika can be transmitted through semen. All men who have been in a Zika-affected area should use condoms correctly every time for all vaginal, anal and oral sex or abstain from sex.**
- Use EPA-registered insect repellents according to the product label and take other steps to prevent mosquitoes such as getting rid of standing water and repairing screens.

