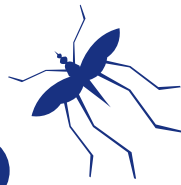




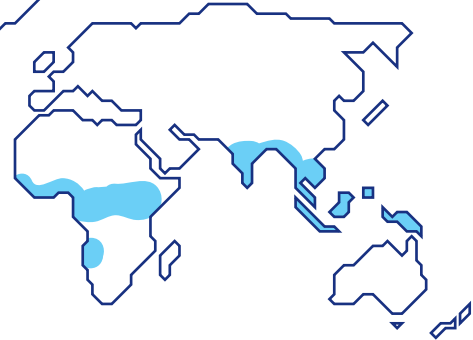
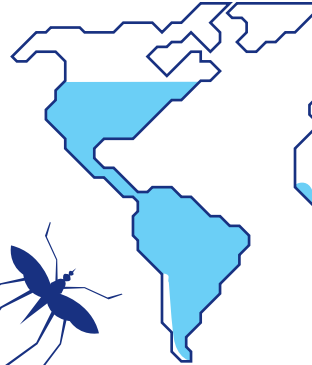
## Who

All travellers visiting Zika virus endemic regions are at risk of acquiring Zika virus infection.



## What

Zika virus is named after the Ugandan forest where it was isolated in a rhesus monkey. It is mainly transmitted by the bite of an infected female *Aedes* mosquito. Some of these are (sub)tropical mosquitoes, but some inhabit more temperate regions. These mosquitoes are preferentially but not exclusively daytime feeders. Maternal-fetal and sexual transmission of the virus is also possible.



## Where and when

Outbreaks of Zika virus infection have occurred in Africa, Southeast Asia, the Pacific Islands, the Americas, and the Caribbean. The mosquitoes that transmit Zika virus are rare in regions above 2000 meters.

## Prevention

To date, there is no registered vaccine to prevent Zika virus infection. Current prevention measures mainly include protection against mosquito bites and mosquito control programs. It is important to drain standing water where mosquitoes are likely to breed.



## Treatment

The diagnosis is established after detection of viral RNA in blood or urine, or by detecting antibodies in blood. There is no specific treatment. Management consists of symptomatic treatment, including drinking fluids to prevent dehydration and administration of medication to relieve fever and pain.

## Symptoms

The incubation period between mosquito bite and onset of clinical manifestations is typically 2 to 14 days. Many infected people will have no or only mild symptoms. Symptoms include fever, headache, (pruritic) rash, joint pain, red eyes and muscle pain and may last for several days to a week.



## In case of infection

Once a person has been infected, they are likely to be protected from future infections. Zika virus infection during pregnancy can cause a birth defect of the brain called microcephaly and other severe brain defects. It is also linked to miscarriage and stillbirth. Increased incidents of Guillain-Barré syndrome, an uncommon illness of the nervous system, have been reported.