سوپراوایزر کنترل عفونت: هادی پور
What is Zika virus infection?
Zika virus infection is caused by the bite of an infected Aedes mosquito, usually causing rash, mild fever, conjunctivitis, and muscle pain.

**What are the symptoms?**
The most common symptoms of Zika virus infection are exanthema (skin rash) and mild fever, usually accompanied by conjunctivitis, muscle or joint pain, and general malaise that begins few days after the bite of an infected mosquito.

One out of four infected people develops symptoms of the disease. Among those who do, the disease is usually mild and can last 2-7 days. Symptoms are similar to those of dengue or chikungunya, which are transmitted by the same type of mosquito. Neurological and autoimmune complications are infrequent, but have been described in the outbreaks in Polynesia, in Brazil and, more recently, in other countries of the region. As the virus spreads in the Americas, giving us more experience with its symptoms and complications, it will be possible to characterize the disease better.
How is Zika virus transmitted?

Zika virus is transmitted to people through the bite of an infected Aedes mosquito. This is the same mosquito that transmits dengue and chikungunya. Recently other modes of transmission have been observed that are described in the following questions.

Can Zika virus be transmitted through donated blood?

Currently there is limited knowledge of Zika virus and the ways it can be transmitted. However, the following suggest it may present a risk to blood safety:

- The virus has been detected in blood donors in areas where Zika is circulating.
- Transmission of related viruses (dengue, chikungunya and West Nile virus) by blood transfusion has been documented, and thus transmission of Zika virus is possible.
- Brazilian health authorities have reported 2 cases of possible transmission of the virus by blood transfusion.

Studies are needed to assess the prevalence of the virus and of transmission through blood transfusion and blood products to better understand the risk Zika presents.
Zika primarily spreads through infected mosquitoes. You can also get Zika through sex.

Many areas in the United States have the type of mosquitoes that can spread Zika virus. These mosquitoes are aggressive daytime biters and can also bite at night. Also, Zika can be passed through sex from a person who has Zika to his or her sex partners.
The best way to prevent Zika is to **prevent mosquito bites**.
Use **EPA-registered insect repellent**. It works!
Wear **long-sleeved** shirts and long pants. Stay in places with **air conditioning** or window and door screens. **Remove standing water** around your home.
Zika is linked to birth defects.
Zika infection during pregnancy can cause a serious birth defect called microcephaly that is a sign of incomplete brain development. Doctors have also found other problems in pregnancies and among fetuses and infants infected with Zika virus before birth. If you are pregnant and have a partner who lives in or has traveled to an area with Zika, do not have sex, or use condoms the right way, every time, during your pregnancy.
Pregnant women should not travel to areas with Zika. If you must travel to one of these areas, talk to your healthcare provider first and strictly follow steps to prevent mosquito bites during your trip.
Returning travelers infected with Zika can spread the virus through mosquito bites. During the first week of infection, Zika virus can be found in a person’s blood and can pass from an infected person to a mosquito through mosquito bites. An infected mosquito can then spread the virus to other people. Couples with a partner who lives in or has traveled to an area with Zika should take steps to protect during sex.
What we know

**No vaccine exists** to prevent Zika. Prevent Zika by **avoiding mosquito bites**. Mosquitoes that spread Zika virus bite during the day and night. Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses. Zika **can be passed through sex** from a person who has Zika to his or her sex partners. **Condoms** can reduce the chance of getting Zika from sex. Condoms include male and female condoms. Local mosquito-borne Zika virus transmission has **been reported in two areas of Miami**
Plan for travel
Currently, outbreaks are occurring in many countries and territories. Zika virus will continue to spread and it will be difficult to determine how and where the virus will spread over time.

What you can do
Check travel notices.
Plan for travel (both before AND after your trip)
Protect yourself during sex.

Protect yourself during sex
Zika can be passed through sex from a person who has Zika to his or her sex partners. Studies are underway to find out how long Zika stays in the semen and vaginal fluids of people who have Zika, and how long it can be passed to sex partners. We know that Zika can remain in semen longer than in other body fluids, including vaginal fluids, urine, and blood.
What you can do

Not having sex can eliminate the risk of getting Zika from sex.

Condoms can reduce the chance of getting Zika from sex.

Condoms include male and female condoms.

To be effective, condoms should be used from start to finish, every time during vaginal, anal, and oral sex and the sharing of sex toys.

Dental dams (latex or polyurethane sheets) may also be used for certain types of oral sex (mouth to vagina or mouth to anus).

Build a Zika prevention kit

What you can do

If you live in a state or area with the mosquito that spreads the Zika virus and you are concerned about Zika, learn how to build your own Zika Prevention Kit.
If you have Zika, protect others
During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites. An infected mosquito can then spread the virus to other people.
Zika can be passed through sex from a person who has Zika to his or her partners. Sex includes vaginal, anal and oral sex, and the sharing of sex toys.

What you can do
Take steps to prevent mosquito bites. Protect yourself during sex if your partner lives in or has traveled to an area with Zika.
Protect yourself and your family from mosquito bites

<table>
<thead>
<tr>
<th>Active ingredient</th>
<th>Some brand name examples*</th>
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<tbody>
<tr>
<td>Higher percentages of active ingredient provide longer protection</td>
<td></td>
</tr>
<tr>
<td>DEET</td>
<td>Off!, Cutter, Sawyer, Ultrathon</td>
</tr>
<tr>
<td>Picaridin, also known as KBR 3023, Bayrepel, and icaridin</td>
<td>Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)</td>
</tr>
<tr>
<td>Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)</td>
<td>Repel</td>
</tr>
<tr>
<td>IR3535</td>
<td>Skin So Soft Bug Guard Plus Expedition, SkinSmart</td>
</tr>
</tbody>
</table>
Tips for Everyone

• Always follow the product label instructions.
• Reapply insect repellent as directed.
  • Do not spray repellent on the skin under clothing.
  • If you are also using sunscreen, apply sunscreen first and insect repellent second.

Tips for Babies & Children

• Always follow instructions when applying insect repellent to children.
• Do not use insect repellent on babies younger than 2 months old.
• Do not apply insect repellent onto a child’s hands, eyes, mouth, and cut or irritated skin.
  • Adults: Spray insect repellent onto your hands and then apply to a child’s face.
Natural insect repellents (repellents not registered with EPA)

**Protect your baby or child**
Dress your child in clothing that covers arms and legs. Cover crib, stroller, and baby carrier with mosquito netting.

**Wear long-sleeved shirts and long pants**
Treat items, such as boots, pants, socks, and tents, with permethrin or buy permethrin-treated clothing and gear. Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
If treating items yourself, follow the product instructions. Do not use permethrin products directly on skin.
Take steps to control mosquitoes inside and outside your home

Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.

Use air conditioning when available.

Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.

Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home. Mosquitoes lay eggs near water.
A pregnant woman can pass Zika virus to her fetus during pregnancy. Zika is a cause of microcephaly and other severe fetal brain defects. We are studying the full range of other potential health problems that Zika virus infection during pregnancy may cause. A pregnant woman already infected with Zika virus can pass the virus to her fetus during the pregnancy or around the time of birth. To date, there are no reports of infants getting Zika virus through breastfeeding. Because of the benefits of breastfeeding, mothers are encouraged to breastfeed even in areas where Zika virus is found.

Zika can be passed through sex from a person who has Zika to his or her partners. Zika can be passed through sex, even if the infected person does not have symptoms at the time.

- It can be passed from a person with Zika before their symptoms start, while they have symptoms, and after their symptoms end.
- Though not well documented, the virus may also be passed by a person who carries the virus but never develops symptoms.

Studies are underway to find out how long Zika stays in the semen and vaginal fluids of people who have Zika, and how long it can be passed to sex partners. We know that Zika can remain in semen longer than in other body fluids, including vaginal fluids, urine, and blood. Through sex
Through blood transfusion
To date, there have not been any confirmed blood transfusion transmission cases in the United States.
There have been multiple reports of blood transfusion transmission cases in Brazil. These reports are currently being investigated.
During the French Polynesian outbreak, 2.8% of blood donors tested positive for Zika and in previous outbreaks, the virus has been found in blood donors.

Through laboratory exposure
Prior to the current outbreak, there were four reports of laboratory acquired Zika virus infections, although the route of transmission was not clearly established in all cases.
As of June 15, 2016, there has been one reported case of laboratory-acquired Zika virus disease in the United States.

Risks
Anyone who lives in or travels to an area where Zika virus is found and has not already been infected with Zika virus can get it from mosquito bites. Once a person has been infected, he or she is likely to be protected from future infections.
Key Facts
Local mosquito-borne Zika virus transmission has been reported in two areas of Miami, FL. Local mosquito-borne transmission of Zika virus has been reported in three US territories. Zika virus outbreaks are occurring in multiple countries. See CDC’s Travelers’ Health website for Zika travel information.

Everyone can help control mosquitoes
Professionals from local government departments or mosquito control districts develop mosquito control plans, perform tasks to control young and adult mosquitoes, and evaluate the effectiveness of actions taken.
You, your neighbors, and the community can also take steps to reduce mosquitoes in and around your home and in your neighborhood.
What we know
Treatment
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