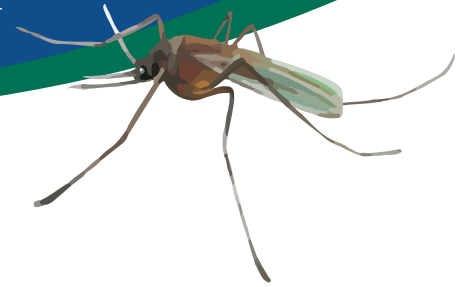


AUBURN PHARMACY

Zika



What is Zika? Zika is a virus.

The name Zika comes from initial discovery of the Zika virus in a sentinel rhesus monkey in the Zika Forest of Uganda in 1947. During the 60's, 70's, and 80's Zika infections causing mild illness in humans were reported across Asia and Africa. In 2007 the first large outbreak of Zika was documented on the Island of Yap (near the Philippines). An outbreak occurred in French Polynesia in 2013. French Polynesia is located in the Pacific Ocean, about half-way between Australia and South America. In May of 2015 the first cases of locally acquired Zika infection were reported in Brazil, marking the spread of Zika to the Americas.

How does Zika spread? Zika virus primarily spreads through the bite of an infected mosquito. It can also spread through sexual contact and be passed from a mother to an unborn child around the time of birth.

What are the symptoms of Zika infection?

Persons infected with Zika may show no signs or only mild signs of infection. The symptoms of Zika virus infection, if present, include fever, rash, joint pain, and red eyes. Typically people do not feel ill enough from the Zika virus to seek medical attention.

That doesn't seem so bad. What's the big deal?

There is an association between Zika virus infection in pregnant women and microcephaly of the unborn child. Microcephaly is a birth defect where a baby is born with an abnormally small head, often due to abnormal brain development. The birth defect can cause severe and life-long problems. Due to the risk of microcephaly associated with Zika virus infection in pregnant women, pregnant women in particular should take measures to prevent Zika infection.

Chris Smith
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So how do I prevent Zika infection?

Currently, Zika virus has not spread to the Midwest region of North America. For a current list of places with Zika outbreaks, see CDC's Travel Health Notices: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>. Do not travel to areas of known Zika outbreaks and consult your doctor or the CDC prior to traveling abroad to assess the Zika risk at your destination. Prevent mosquito bites by wearing long sleeve shirts and pants. Put a barrier between you and mosquitos by staying indoors or sleeping with a mosquito net if you are camping. Use an insect repellent that contains DEET. If you are pregnant and have a sexual partner who lives in or travels to an area with Zika, you should use condoms the right way every time you have sex, or do not have sex during the pregnancy. I think I have Zika.

Now what?

There is no cure or specific treatment for Zika. Get plenty of rest and stay well hydrated. You can take acetaminophen (Tylenol) over the counter to reduce a fever if present. Not everyone should take acetaminophen. If you are not sure if you can take acetaminophen, ask your doctor or pharmacist. Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) like naproxen (Aleve) or ibuprofen (Motrin). To prevent others around you from becoming ill, be vigilant in preventing yourself from being bitten by mosquitoes especially during your first week of illness. For more information about the Zika virus, visit the CDC website or ask a qualified healthcare professional for information.

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