

Infection by the Zika virus

The Zika virus is transmitted to humans through the bite of infected mosquitoes. The symptoms and clinical signs of the disease are generally mild: fever, a rash, joint pain, conjunctivitis, headache and muscular pain. Less common symptoms may include **painful eyes and gastrointestinal symptoms**. It is suspected (but has not yet been completely proven) that the disease may cause abnormalities in unborn babies, in particular microcephaly.

People travelling or living in the affected areas should adopt the following measures, among others:

- Before travelling, contact your doctor **for advice, especially if you are pregnant**;
- In your destination country, follow the recommendations of the local authorities;
- **Wear appropriate clothing (adults and children)** to reduce the risk of exposing your body to bites (e.g. long-sleeved shirts, trousers, etc.);
- Give preference to accommodation with air conditioning;
- Fit mosquito nets over beds, baby buggies and cots;
- Be especially aware at the times of day when mosquitoes of the *Aedes* variety are most likely to bite (mid-morning and from late afternoon until sunset);
- **Apply insect repellent**, taking care to follow the manufacturer's instructions for use;
- **Children and pregnant women should only use insect repellents under the guidance of their doctor**;
- If you need to use sunscreen and repellent, apply the sunscreen first and the insect repellent on top.

Treatment

• There are no vaccines or drugs available to prevent or treat infections caused by the Zika virus. If you suspect you may be infected, contact your doctor immediately. If you have travelled to an infected area and present with the symptoms described above up to 12 days after the date of your return, you should contact your doctor and tell him about your recent trip.



You can find out more information at www.cdc.gov/zika, for example