



Zika Virus Information

Travel Advisory

- The Atlantic County Office of Mosquito Control advises **all residents planning to travel to visit the Centers for Disease Control (CDC) website** for travel health notices regarding the Zika virus and for **up-to-date advisories** <http://wwwnc.cdc.gov/travel/notices>

Definition

- Zika virus disease is a **flavivirus** related to West Nile virus, dengue, and yellow fever
- Zika virus is **transmitted by the bite of infected Aedes mosquitoes**, but the primary mosquito that transmits the disease, *Aedes aegypti*, is not found in N.J.
- Zika virus primarily affects primates like monkeys but **can be contracted by humans**
- There is **evidence** that Zika virus **can be sexually transmitted**

Disease Symptoms

- **Most** human cases (approx. 80%) **do not experience symptoms**
- **Low rates of hospitalization and fatality**
- Usual **incubation period** (time from bite to appearance of symptoms) is **3-12 days**
- **Symptoms** usually last **several days to a week**
- Typical symptoms include: **fever, skin rash, joint pain, and conjunctivitis** (“pink eye”)
- Less common symptoms: **headache, muscle pain, pain behind the eyes, and vomiting**

Diagnosis and Testing

- A **diagnosis** of a Zika infection is **based on** the patient’s clinical **symptoms, travel history** to affected areas, and mosquito **bite exposure**
- **Confirmatory testing** is being performed only by the CDC on **pre-approved** samples submitted by **state health departments**
- Atlantic County clinicians considering a Zika diagnosis for **returning travelers** should contact the NJ Department of Health (NJDOH) Vectorborne Disease Program (609-826-5964)

Treatment

- There is **no specific antiviral treatment** for a Zika virus infection
- A **medical professional’s advice** should be sought if a Zika infection is suspected

Zika and Pregnancy

- There is **preliminary evidence** of Zika virus **causing birth defects** when women are bitten by an infected mosquito during any trimester of pregnancy
- Associated birth defects include **microcephaly** (head smaller than normal and brain poorly developed).
- The World Health Organization (WHO) and the Centers for Disease Control (CDC) are cautioning **pregnant women and women of child-bearing age** who travel to regions affected by the Zika virus to **take measures to prevent mosquito bites** while there
- Women whose partner has traveled to an area where Zika is present should abstain from sex or correctly and consistently **use condoms for all sex acts**, throughout the remainder of the pregnancy

Prevention

- There is **no vaccine** or drug to prevent Zika; avoiding mosquito bites is the best strategy
- **Use insect repellent** (the active ingredients of DEET, picaridin, IR3535, or oil of lemon eucalyptus are demonstrated to be effective)
- **Install and/or repair window and door screens** leaving no holes or gaps
- **Eliminate standing water** on your property where possible **otherwise change it weekly**
- **Wear pants and long sleeved shirts**; treat clothing with repellent (the active ingredient permethrin repels mosquitoes and ticks)
- **Travelers diagnosed with Zika** should **avoid mosquito bites for one week after onset of symptoms** to prevent the virus from being picked up by local mosquitoes
- **Proper use of condoms** can prevent sexual transmission of the Zika virus, but **abstaining from sex** is the best way to be sure that someone does not transmit the Zika virus through sexual contact

Atlantic County Mosquito Control's Role

- ACMC personnel **receive training** and work with the NJDOH, Atlantic County and local health departments, the N.J. State Mosquito Control Commission, Rutgers Center for Vector Biology, and other N.J. mosquito control agencies **to maintain up-to-the minute knowledge of Zika**
- The ACMC **continues to actively track** established (West Nile virus and Eastern Equine Encephalitis) and potential (Dengue Fever and Chikungunya virus) **mosquito-borne diseases**
- ACMC staff will continue to **provide professional mosquito control** to the residents of and visitors to Atlantic County to **protect public health** and **promote quality of life** through Integrated Pest Management
 - For questions or concerns about mosquitoes and mosquito-borne illnesses, contact:
 - **Atlantic County Mosquito Control, 609-645-5948**
 - **Atlantic County Division of Public Health, 609-645-5971**



Atlantic County Executive Dennis Levinson

Atlantic County Board of Freeholders, Frank D. Formica, Chairman