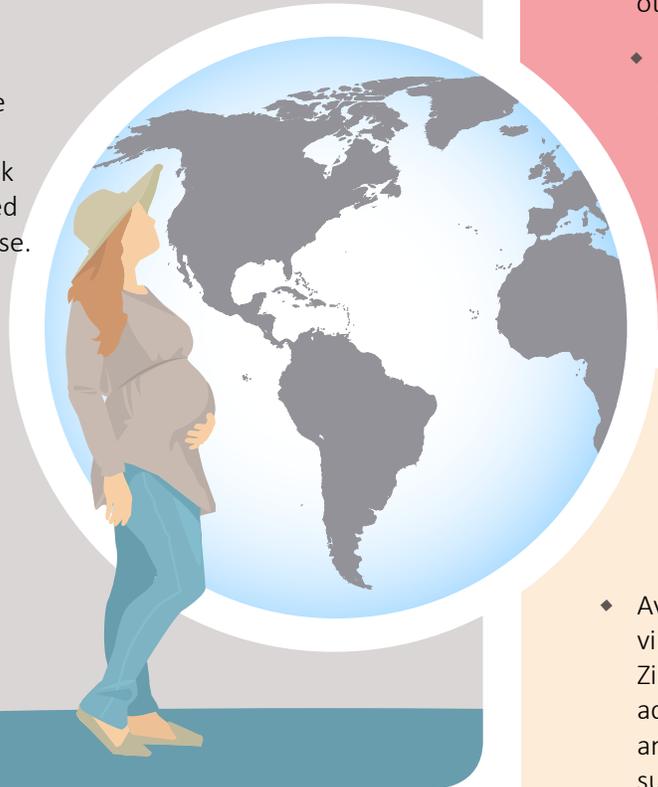


# 5 Things You Need to Know about Zika



## What is Zika and why is it so serious?

- ◆ Zika virus is a flavivirus in the same category as Yellow Fever, West Nile, Chikungunya and Dengue. There is no vaccine to prevent Zika or medicine to treat the infection.
- ◆ In most people, symptoms of the virus are mild including fever, headache, rash and possible pink eye. In fact 80% of those infected never know they have the disease.
- ◆ For pregnant women, this virus can pass through amniotic fluid to the growing baby and can cause the baby to be born with an abnormally small head, a condition called microcephaly, which often results in developmental disabilities.



## How is Zika spread?

- ◆ The virus is commonly transmitted when an Aedes mosquito bites a person with an active infection and then spreads the virus by biting others.
- ◆ People become carriers of Zika when they have symptoms. In early February, the CDC reported the first case of locally acquired Zika virus in the United States in this outbreak, but it was not from a mosquito bite. Instead it was passed via sexual contact.

## What can you do to protect yourself against Zika?

- ◆ Avoid travel to areas known to have Zika virus. If you do travel to a country where Zika is present, the CDC advises strict adherence to mosquito protection: Use an EPA-approved insect repellent under sunscreen, wear long pants and long sleeve shirts thick enough to block a mosquito bite, and sleep in air-conditioned, and screened rooms.

## What's being done to stop Zika?

- ◆ Researchers are hard at work in laboratories around the world trying to create a Zika vaccine. A clinical trial for a Zika virus vaccine could begin this year.

## How do healthcare workers protect themselves?

- ◆ Zika virus is considered a bloodborne pathogen and standard precautions are to be used when caring for any patient suspected or confirmed to have Zika virus.
- Standard precautions are the basic level of infection prevention that should be used in the care of all patients all of the time.
- Gloves should be worn when coming in contact with broken skin, blood or body fluids.
- Mask & eye shield should be used if the healthcare worker anticipates a splash of blood or body fluids to the face.
- Protective gowns should be used if the healthcare worker anticipates a splash of blood or body fluids to their clothes.



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For more information:  
[www.cdc.gov/zika](http://www.cdc.gov/zika) or [nj.gov/health/cd/zika](http://nj.gov/health/cd/zika)  
or call the Infection Prevention Dept: 973-972-5790.