



ZIKA VIRUS

PROTECT YOUR FAMILY AND TRIBE

RESOURCES

National Indian Health Board (NIHB) Zika Hub: www.nihb.org – click “Zika hub”

Centers for Disease Control and Prevention (CDC) Zika Overview: www.cdc.gov/zika

World Health Organization (WHO) Zika History: www.who.int/emergencies/zika-virus/history/en/

CONTACT US

National Indian Health Board
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Website: www.nihb.org

WHAT IS ZIKA VIRUS?

The Zika Virus is a mosquito-borne disease spread to people primarily through the bite of an infected *Aedes* species of mosquito. *Aedes aegypti* is the most common carrier of Zika, however *Aedes albopictus* may also transmit this virus. The *Aedes* species of mosquito are found in many areas of the United States (U.S.). Learn more here:

<https://www.cdc.gov/zika/vector/range.html>.

Zika was originally discovered in 1947 in a monkey who lived in the Zika Forest of Uganda, East Africa. The first human case of Zika was not discovered until 1952, and a large human outbreak did not occur until 2007. The virus is now present in Africa, the Americas, Asia, and the Pacific.

Zika can be passed from a woman to her fetus. The virus is known to cause detrimental birth defects in developing fetuses and infants, including microcephaly (reduced head circumference), defects of the eyes, hearing deficits, and impaired growth. Zika is also correlated with increased reports of Guillain-Barré Syndrome (a sickness of the nervous system).

“Never before in history has there been a situation where a bite from a mosquito could result in a devastating malformation.”

–Dr. Tom Frieden, Former CDC Director, *Fortune*, April 13, 2016

TRANSMISSION OF THE ZIKA VIRUS

Zika can be transmitted a variety of ways, which is why this virus poses an imminent public health threat to our Tribal communities in all U.S. regions.

- **Local transmission:** An infected *Aedes* mosquito can spread Zika to a person. If an uninfected mosquito bites an infected person, the mosquito can also become infected and spread the virus to other people.
- **Sexual transmission:** Zika can be passed through sexual activity, including vaginal, anal, and oral sex, and the sharing of sex toys. The virus is passed from an infected person to his or her sexual partners, regardless of gender.
- **Pregnant women to her fetus:** Zika can be passed from an infected pregnant woman to her fetus during pregnancy or around the time of birth.
- **Blood transfusion:** This is a possible avenue of transmission although this has not yet happened in the U.S.
- **Laboratory testing:** This is very rare.

SYMPTOMS & TREATMENT FOR ZIKA

Many people infected with Zika will experience mild to no symptoms. There is **no vaccine to prevent, or medication to cure** Zika. Symptoms include fever, rash, joint and muscle pain, headache, and conjunctivitis (red eyes). Talk to a doctor about testing if even minor symptoms develop.

Those who have been diagnosed with Zika should treat the symptoms with rest, increased fluid intake to prevent dehydration, and acetaminophen to reduce fever and pain. Taking aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) is not recommended unless a doctor rules out the possibility of dengue, a similar illness.

The **impacts of Zika infection on developing fetuses and infants can be severe**. Zika is known to cause detrimental birth defects of the brain, including microcephaly (reduced head circumference/skull collapse) and Congenital Zika Syndrome (a pattern of birth defects including brain damage, hearing problems, and other adverse effects). Zika is also correlated with increased reports of Guillain-Barré Syndrome (a sickness of the nervous system).

Pregnant women should visit their healthcare provider if they have lived in or recently traveled to an area with Zika, even if there are no signs or symptoms of the virus. When visiting your healthcare provider, it is important to share details about recent travel and any sexual activity without a condom with a person who lives in or recently traveled to an area with Zika.

PREVENTION OF ZIKA IS A PRIORITY

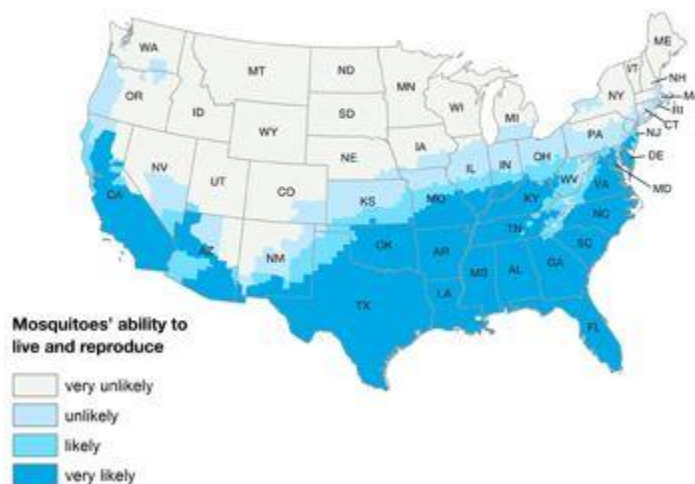
It is best to **focus on prevention of Zika**, considering there is currently no vaccine or treatment.

- Use insect repellent registered by the Environmental Protection Agency (EPA). This includes DEET, picaridin, IR3535, oil of lemon eucalyptus, and 2-undecanone. Learn more here: <https://www.epa.gov/insect-repellents>.
- When possible, wear long sleeved shirts and pants. Clothes should be treated with permethrin if possible.
- Ensure doors, windows, and screens are adequately sealed to keep mosquitos outdoors.
- Remove any standing water outside your home weekly.
- Using condoms or refraining from sexual activity can reduce the risk of transmitting Zika. CDC provides specific recommendations: <https://www.cdc.gov/zika/prevention/sexual-transmission-prevention.html>.
- Protect children by covering strollers, carriers, and cribs with mosquito netting and using mosquito repellent correctly: <https://www.cdc.gov/zika/prevention/prevent-mosquito-bites.html>.

ADDITIONAL ZIKA RESOURCES

- **CDC Zika information, including transmission, prevention, symptoms, testing, treatment, recommendations, and more:** <https://www.cdc.gov/zika/index.html>
- **EPA registered mosquito repellents:** <https://www.epa.gov/insect-repellents>
- **Behavioral health resources for Zika:** <https://www.samhsa.gov/dtac/zika>
- **Zika emergency preparedness and response information:** <http://www.who.int/csr/disease/zika/en/>
- **Map of estimated range of the Aedes mosquito in U.S.:** <https://www.cdc.gov/zika/vector/range.html>

Estimated Range of *Aedes aegypti* in the United States, 2017



CONTACT NIHB

For more information about Zika or the Zika project, or for technical assistance related to Zika, contact:

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Visit NIHB Zika Hub: www.nihb.org and click "Zika hub." Hub includes Q&A box to submit questions anonymously.