



WELLNESS CENTER

TO: All faculty/staff/students
FROM: Wellness Center
RE: **Zika Virus Health Advisory**

DATE: 9/1/2016

Zika virus disease (Zika) is a disease caused by Zika virus that is spread to people most commonly through the bite of an infected *Aedes* species mosquito. It can also be transmitted during sexual intercourse and from a pregnant woman to her fetus. Zika is not spread through casual contact.

People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. For this reason, many people might not realize they have been infected.

Women who are pregnant or are trying to become pregnant are at greater risk of complications to the unborn fetus if infected with the Zika virus. Zika virus can be spread from a pregnant woman to her fetus and has been linked to a serious birth defect of the brain called microcephaly (a condition where the brain and head do not develop normally) in babies of mothers who had Zika virus while pregnant. Sexual transmission of the Zika virus from infected people has been documented.

Current CDC research also suggests that Zika virus infection may be associated with Guillain-Barré syndrome. Guillain-Barré causes muscle weakness, and sometimes, paralysis. It is a rare nervous system disorder from which most people fully recover.

Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites. Both men and women should take extra precautions to reduce exposure to mosquito bites.

To prevent Zika:

- Prevent mosquito bites.
 - Wearing long-sleeved shirts and long pants.
 - Using U.S. Environmental Protection Agency (EPA)-registered insect repellents.
 - When used as directed on the product label, insect repellents containing DEET, picaridin, and IR3535 are safe for pregnant women.
 - Using permethrin-treated clothing and gear.
 - Staying or sleeping in screened-in or air conditioned rooms.
- Protect yourself during intercourse.
 - Use condoms and other barriers to protect against infection, every time during vaginal, anal, and oral sex. Barriers that protect against infection include male and female condoms and dental dams. Dental dams are latex or polyurethane sheets used between the mouth and vagina or anus during oral sex.
 - Do not share sex toys.
 - Not having sex eliminates the risk of getting Zika from sex.

For further information and travel advisories please see the CDC Zika Virus Information at <http://www.cdc.gov/zika/index.html>