

5 Things You Need to Know About Zika

Zika is in DC and the metro region and you may be at risk.

Here's what you need to know:

1

What are the symptoms?



Fever &
Headache



Rash



Joint Pain



Conjunctivitis
(Pink Eye)

1 in 5 persons exposed to the Zika virus becomes ill.
Symptoms normally last for 2-7 days (CDC report)

2

Zika is in the DC area. What should I do to prevent infection?

- ◆ If you experience any of the symptoms above, consult your doctor.
- ◆ If you or someone close to you has recently been in any of the affected countries, pay close attention to any potential symptoms.
- ◆ Make sure there is no stagnant or still water around your house that may attract mosquitos.

3

Traveling to affected countries?

- ◆ Reconsider traveling to the Caribbean and Latin America during Spring Break or the summer. American Airlines, United and Delta are allowing customers to cancel or postpone their trips if they're flying to areas affected by Zika.
- ◆ The CDC recommends that women who are trying to become pregnant or thinking about becoming pregnant should consult their healthcare provider before traveling to the affected countries and strictly follow steps to prevent mosquito bites during the trip.
- ◆ If you are still traveling, the best form of prevention is protection against mosquito bites.
- ◆ Use insect/mosquito repellent.
- ◆ Keep windows closed/screened.
- ◆ Wear long-sleeved shirts and pants.

4

What is the treatment for Zika?

- ◆ Currently, there are NO vaccines or antiviral medicines available.
- ◆ Patients are advised to rest and drink plenty of fluids.

5

Where can I find an Infectious Disease Doctor?

- ◆ Consult your insurance provider.
- ◆ You can also make an appointment at Mary's Center with Dr. Ali, a highly-experienced Infectious Disease and Tropical Disease Doctor.



Sarah Nadia Ali, MD
Infectious Disease
Doctor

- ◇ Zika virus disease is a mosquito-borne illness.
- ◇ Recent evidence suggests that Zika may also be transmitted by blood, sexual contact, or from mother to fetus during pregnancy.
- ◇ The first case was reported in Brazil in May 2015. Since then, Zika has been detected in more than 30 countries and territories in the Americas.
- ◇ Now it's in DC and Virginia.
- ◇ The virus may be linked to serious birth defects.
- ◇ Affected babies are born with smaller than normal heads (microcephaly).