



# Overview of the Zika Virus Impacts and Prevention Strategies for Avoiding Zika Virus Infection

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## DESCRIPTION

The Zika Virus is a mosquito-borne virus that is spread by the *Aedes* mosquito. It was first identified in 1947 in Uganda, and since then has spread to over 80 countries. The virus has been linked to a variety of health problems, including the development of microcephaly in infants born to infected mothers. It can also cause Guillain-Barre syndrome, an autoimmune disorder that can cause paralysis. In addition, the virus can cause neurological and autoimmune problems in adults.

Symptoms of Zika virus infection Zika virus infection is typically mild, with symptoms lasting for several days to a week. The most common symptoms of Zika virus infection include fever, rash, joint pain, and conjunctivitis (red eyes). Other symptoms can include muscle pain and headache. While most people will experience mild symptoms, some people may experience more severe symptoms, including neurological problems. It is important to note that the symptoms of Zika virus infection may be similar to other illnesses, such as dengue and chikungunya. If humans are experiencing any of the above symptoms, it is important to seek medical attention for proper diagnosis. Recent exposure to Zika virus, it is important to be vigilant and monitor for any of the above symptoms.

The Zika virus is primarily transmitted through the bite of an infected *Aedes* species mosquito, but can also be transmitted through sexual contact, blood transfusions, or from mother to child during pregnancy. The risk of infection is highest in

tropical regions, such as Central and South America, the Caribbean, and parts of Africa and Asia. The Zika virus can cause mild fever, rash, joint pain, red eyes, and muscle pain in adults. However, the virus can cause severe birth defects in babies born to mothers who were infected during pregnancy, such as microcephaly (smaller than normal head size) and other brain defects. Fortunately, there are ways to protect people from the Zika virus. It's important to use insect repellent, wear protective clothing, and avoid areas where mosquitoes are present, especially during the day. Additionally, pregnant women should consult with their healthcare provider before traveling to an area where the Zika virus is present. If people think they may have been exposed to the Zika virus, it's important to consult with a healthcare provider immediately. Healthcare provider may order blood tests to check for the virus.

Prevention strategies for avoiding Zika virus infection Zika virus is a serious health threat that is spread mainly through the bite of an infected *Aedes* species mosquito. It is important to take steps to protect humans and patients family from mosquito bites. Here are some tips for preventing exposure to Zika virus use Environmental Protection Agency (EPA)-registered insect repellents. Stay in places with air conditioning and window and door screens to keep mosquitoes outside. Sleep under a mosquito net if they are overseas or outside and are not able to be protected from mosquito bites. Get rid of standing water near our home, where mosquitoes can lay eggs. Stroller, and baby carrier with mosquito netting. Treat clothing and gear with permethrin.

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