

Elizabethtown College Student Wellness *Student Health*

Zika Virus

Key Facts: Per CDC:

- Zika is a viral illness caused by a virus transmitted by a mosquito bite (*Aedes mosquito*)
- These mosquitos are found mainly in Africa, the Americas, Caribbean, Asia and the Pacific Islands.
- Symptoms of Zika Virus may include the following: fever, skin rashes, conjunctivitis (red eyes), muscle and joint pain, malaise and headache. These may last 2-7 days. The illness is usually mild and only 1 in 5 people infected with the virus will experience symptoms.
- The main concern is the effect the virus may have on pregnant women or those planning on becoming pregnant. There are some serious birth defects that have been detected in the babies born of infected women. Microcephaly or abnormally small head and brain development is the most concerning birth defect known at this time.
- The virus can be sexually transmitted as well through semen. There have been several confirmed cases of this type of transmission.

Implications for College Students:

- Prevention of mosquito bites if traveling in any of the above areas by using insect repellent, wearing light colored clothing, covering up with pants and long sleeves. The *Aedes mosquito* is known to bite during daylight hours as well as dawn and dusk.
- There are other *Aedes mosquito* borne illnesses, such as Chikungunya and Dengue, which make mosquito bite prevention important in the control/avoidance of these illnesses also.
- Women who are pregnant or who are trying to conceive should postpone travel to Zika affected areas.
- Until more is known about sexual transmission of Zika, students returning from travel in the affected areas are encouraged to use condoms or abstinence to prevent transmission of the virus during sexual contact. For more specific information visit the website below.

For the most up to date information, please visit:

www.cdc.gov/zika