

WHAT YOU
SHOULD KNOW
ABOUT THE
Zika Virus



2016-2017



WHAT YOU SHOULD KNOW

What Is the Zika Virus and How Is It Transmitted?

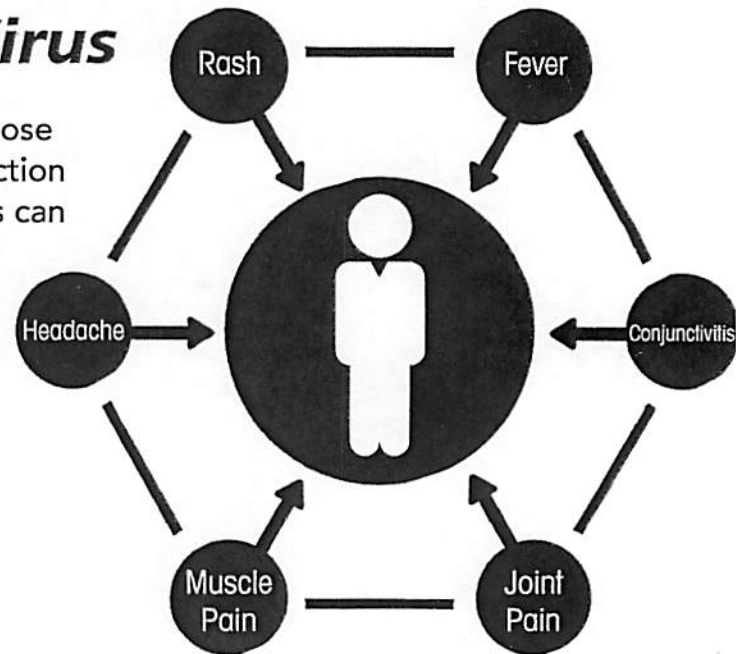
Since 2007, Zika virus outbreaks have been reported in the South Pacific. In 2015, reports confirmed that the Zika virus had spread to the Western Hemisphere. The Zika virus is transmitted primarily through the bite of an infected *Aedes* species of mosquitoes. Mosquitoes become infected when they consume blood from a person infected with the virus. Infected mosquitoes can then spread the Zika virus to other people through bites. Direct human-to-human transmission of the Zika virus can occur through sexual contact and from a pregnant woman to her fetus. Zika virus infection during pregnancy can cause severe birth defects, including microcephaly. The Zika virus is not transmitted from one person to another through casual contact.



Symptoms of the Zika Virus

Most people will not have any symptoms. For those who do, the signs and symptoms of Zika virus infection in children are similar to those in adults. Symptoms can last for several days to a week. The most common symptoms of Zika are:

- Fever
- Rash
- Joint Pain
- Conjunctivitis (red eyes)
- Muscle Pain
- Headache



Best Ways to Prevent Becoming Infected with t

There is no vaccine to prevent becoming infected with the Zika virus. The best way to prevent disease from mosquitoes is to protect yourself as follows:

- Wear long-sleeved shirts and long pants.
- Treat your clothing with permethrin, which is used in a number of ways to control insects.

LEARN ABOUT THE *Zika Virus*

How Is the Zika Virus Diagnosed?

Travel History – Symptoms – Test Results

Diagnosis of the Zika virus is based upon a person's recent travel history, symptoms and test results. A blood or urine test can confirm a Zika virus infection. Symptoms of Zika are similar to other illnesses spread through mosquito bites. A physician or healthcare provider may order tests for several types of infections before diagnosing Zika.

People usually do not feel sick enough to go to the hospital and rarely do people die from the Zika virus. Once a person has been infected with the Zika virus, they are likely to be protected from future infections.



Treatments for Someone with the Zika Virus

There is no specific medicine or treatment for the Zika virus. The symptoms are treated as follows:

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine such as acetaminophen to reduce fever and pain.
- Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDS).
- If currently taking other medicines, consult your healthcare provider before taking any additional medication.



How the Zika Virus

is transmitted by

Source of Information: Centers for
Disease Control and Prevention at
www.cdc.gov/zika/schools.html#key-points

Key Points for Public School Districts

- As employers within an educational institution, school administrators should proactively establish effective channels of communication with local government and public health authorities regarding the latest information on the Zika virus and, if needed, response plans for local transmission of the Zika virus.
- Identify and remove sources of standing water that can serve as mosquito breeding sites such as buckets, trash containers, planters, tall grass, playground equipment and spaces beneath temporary modular structures.
- Efforts should be made to prevent mosquitoes from entering classrooms by replacing damaged screens in windows and doors.
- Use of other mosquito control methods, including insecticide spraying, is decided by local and state jurisdictions.
- School district administrators should share accurate Zika virus information with staff, students and family members to anticipate concerns and avoid unnecessary alarm.
- Since the Zika virus is not transmitted from person to person by casual contact, the Centers for Disease Control and Prevention (CDC) advises that it is not necessary to issue a schoolwide notification if a student or staff member is exposed to the Zika virus or becomes infected.
- The Centers for Disease Control and Prevention (CDC) does not recommend that schools remove students or staff members who were exposed to the Zika virus or have been infected with the Zika virus. Isolation or quarantine is neither recommended nor appropriate.
- The Centers for Disease Control and Prevention (CDC) does not recommend canceling school-related activities because of Zika virus concerns.
- Nondiscrimination, privacy and confidentiality measures should be maintained for all students and staff members.

**SOURCE OF INFORMATION: CENTERS FOR
DISEASE CONTROL AND PREVENTION AT
www.cdc.gov/zika/schools.html#key-points**