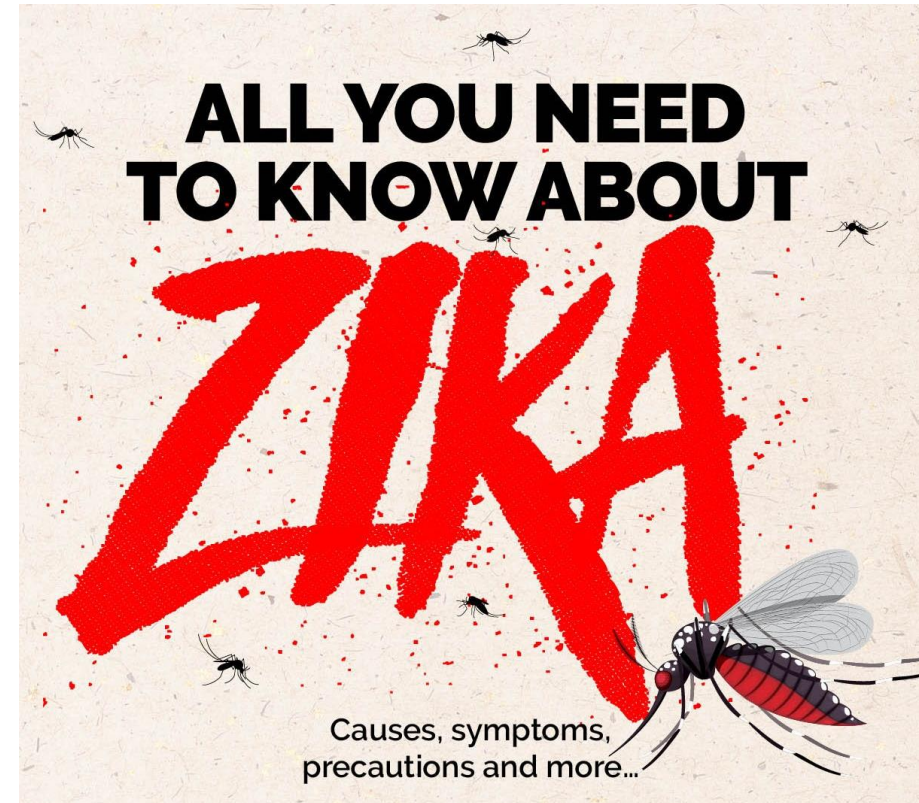


ZIKA VIRUS

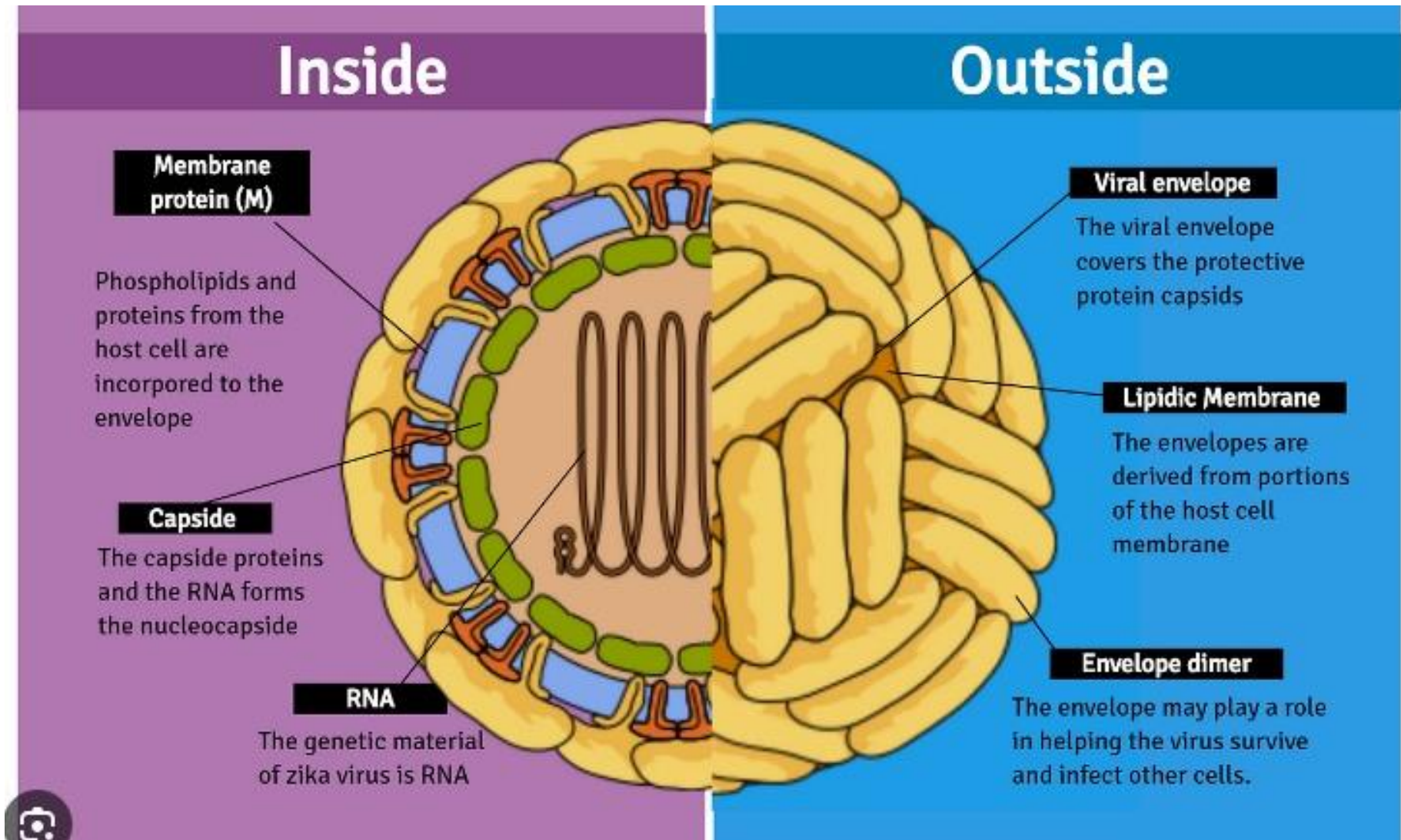
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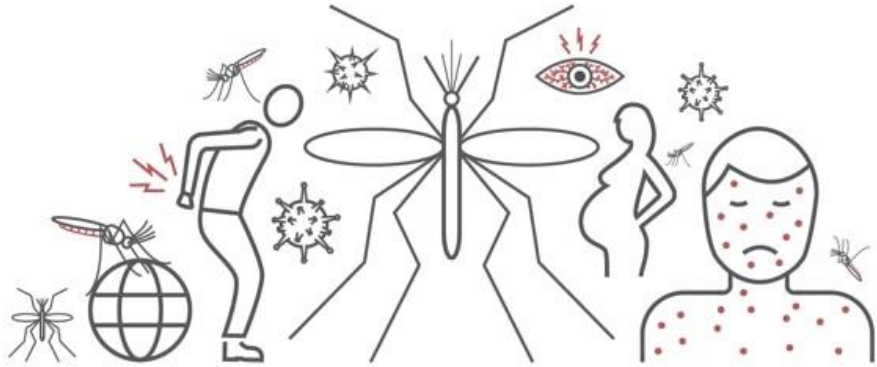
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ZIKA VIRUS



ZIKA VIRUS



ALL YOU NEED TO KNOW ABOUT

Zika Virus

Lately, Zika virus cases are emerging in some parts of the country. In light of this, the health ministry alerted states to maintain constant vigilance. Here we cover the most common concerns around the Zika virus and how to keep yourself safe.

With a change in season during monsoon, the immune system might take a hit. Make sure to keep an eye on your overall health and get regular health checkups.

What is Zika and how can one get it?



Zika is a viral disease, primarily spread by the bite of an infected mosquito belonging to the *Aedes* genus. The same mosquito also spreads dengue and chikungunya.

Other possible ways for Zika virus transmission include sexual contact, from mother to fetus, or through blood transfusions.



Zika symptoms are quite similar to dengue and chikungunya

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Zika symptoms are quite similar to dengue and chikungunya

The onset of symptoms is usually 2-7 days after the bite of the infected *Aedes* mosquito. **About 1 in 4 people with Zika infection develop symptoms^[3]**, usually lasting for several days to a week. Many people will have only mild symptoms.

The most common symptoms include:

- Fever
- Rash
- Headache
- Joint pain
- Muscle pain
- Red eyes or conjunctivitis



Fever is a common symptom of many conditions, which could require different care approaches. Keep the guesswork out when it comes to your health.



Seek Medical Opinion

ALL ABOUT ZIKA VIRUS DISEASE

Zika virus disease is an emerging viral disease transmitted through the bite of an infected *Aedes* mosquito

Symptoms

➤ Most of those infected with Zika virus disease either remain asymptomatic or show mild symptoms of fever, rash, conjunctivitis, body ache, joint pain

➤ Severe forms of disease requiring hos-

pitalization is uncommon and fatalities are rare

➤ There is no vaccine or drug available to prevent/treat Zika virus disease at present

➤ Zika virus infection during pregnancy can cause infants to be born with microcephaly and other congenital malformation



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What is Monsoon Health Screening?

The Monsoon Health Screening package comprises a group of tests tailored for a comprehensive health evaluation during monsoon. This package informs you about your overall health status and encourages you to adopt preventive measures to avoid monsoon-related ailments.

The monsoon, though enjoyable, brings a lot of challenges with it. Weather change, rainy showers, and humidity make a perfect combination for breeding various disease-causing bacteria, allergens, and infections.

The Monsoon Health Screening package is designed to detect and diagnose infections and allergies that may occur during the monsoon season. This package combines a unique profile of tests, including an IgE test, for allergy screening. It includes tests to evaluate your blood counts and the functioning of the kidneys, liver, and thyroid. It also screens for vitamins like vitamin B12 & vitamin D and health conditions such as diabetes. The package is especially recommended if you have risk factors such as high blood pressure, diabetes, obesity, heart problems, aging, or seasonal allergies.

Before undertaking this monsoon package, 8-12 hours of fasting is required; however, you can drink water. Test result ranges are approximate and may differ slightly between labs depending on the methodology and laboratory guidelines. Narrate your complete medical history to help the doctor correlate your clinical and laboratory findings. The test results will help them make recommendations for lifestyle modifications, decide whether or not medication will be required to manage the condition and formulate an overall treatment plan.

Is Zika a serious disease?

While Zika is generally mild and hospitalization is uncommon, it can cause complications in some people.

Pregnancy needs extra attention

Zika infection during pregnancy can cause certain problems and some birth defects^[1]. It is associated with **microcephaly (reduced head size) and certain neurological concerns** in babies born to affected pregnant women^[2].



Rarely, Zika infection may cause GBS (Guillain-Barré syndrome). GBS is a sickness in which a person's immune system damages their nerve cells causing muscle weakness and sometimes, paralysis.



ZIKA VIRUS

Key facts

- Zika virus is transmitted primarily by Aedes mosquitoes, which bite mostly during the day.
- Most people with Zika virus infection do not develop symptoms; those who do typically have symptoms including rash, fever, conjunctivitis, muscle and joint pain, malaise and headache that last for 2–7 days.
- Zika virus infection during pregnancy can cause infants to be born with microcephaly and other congenital malformations as well as preterm birth and miscarriage.
- Zika virus infection is associated with Guillain-Barré syndrome, neuropathy and myelitis in adults and children.
- In February 2016, WHO declared Zika-related microcephaly a Public Health Emergency of International Concern (PHEIC), and the causal link between the Zika virus and congenital malformations was confirmed. WHO declared the end of the PHEIC in November of the same year.
- Although cases of Zika virus disease declined from 2017 onwards globally, transmission persists at low levels in several countries in the Americas and other endemic regions.

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What is Monsoon Health Screening used for?

The Monsoon Health Screening package is done to:

- Assess overall health status.
- Identify potential monsoon-related health issues, such as allergies and infections.
- Check the treatment response and monitor any existing condition.

What does Monsoon Health Screening measure?

Contains 56 tests

The Monsoon Health Screening package is a complete health package that assesses your current health status and screens you for any monsoon-related diseases or conditions. It comprises 54 tests that assess your blood count, lipid and thyroid profiles, and liver and kidney functions. It also includes tests to measure your vitamin levels and screen you for allergies and diabetes.

Can Zika infection be treated?



There is no vaccine or specific medicines to treat Zika. However, the symptoms can be managed by resting and sufficient hydration.

- Use paracetamol for fever and pain. Do not take aspirin.
- If symptoms worsen or do not improve, seek medical care and advice. Do not self-medicate.

References:


1. CDC. Zika Symptoms and Complications
2. Mohfw. Zika Virus Fact Sheet
3. WHO. Zika Virus
4. CDC. Sexual Transmission of Zika Virus

4 Ps

to protect your loved ones and yourself from Zika

Based on the cause of transmission, certain tips can help prevent the disease from spreading:

1 Prevent mosquito breeding  

2 Protect against mosquito biting  

3 Practice safe sex  

4 Prenatal care  

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Symptoms

Most people infected with Zika virus do not develop symptoms. Among those who do, they typically start 3–14 days after infection, are generally mild including rash, fever, conjunctivitis, muscle and joint pain, malaise and headache, and usually last for 2–7 days. These symptoms are common to other arboviral and non-arboviral diseases; thus, the diagnosis of Zika virus infection requires laboratory confirmation.

Complications

Zika virus infection during pregnancy is a cause of microcephaly and other congenital malformations in the infant, including limb contractures, high muscle tone, eye abnormalities and hearing loss. These clinical features are collectively referred to as congenital Zika syndrome.

The risk of congenital malformations following infection in pregnancy remains unknown; an estimated 5–15% of infants born to women infected with Zika virus during pregnancy have evidence of Zika-related complications (3). Congenital malformations occur following both symptomatic and asymptomatic infection. Zika infection in pregnancy can also cause complications such as fetal loss, stillbirth and preterm birth.

Zika virus infection can also cause Guillain-Barré syndrome, neuropathy and myelitis, particularly in adults and older children.

Research is ongoing to investigate the risk and effects of Zika virus infection on pregnancy outcomes, strategies for prevention and control, and effects of infection on other neurological disorders in children and adults.

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Transmission

Zika virus is primarily transmitted by infected mosquitoes of the *Aedes* (*Stegomyia*) genus, mainly *Aedes aegypti*, in tropical and subtropical regions. *Aedes* mosquitoes usually bite during the day. These mosquitoes also transmit dengue, chikungunya and urban yellow fever.

Zika virus is also transmitted from mother to fetus during pregnancy, as well as through sexual contact, transfusion of blood and blood products, and possibly through organ transplantation.

Diagnosis

Infection with Zika virus may be suspected based on symptoms of persons living in or visiting areas with Zika virus transmission and/or *Aedes* mosquito vectors. A diagnosis of Zika virus infection can only be confirmed by laboratory tests of blood or other body fluids, and it must be differentiated from cross-reactive related flaviviruses such as dengue virus, to which the patient may have been exposed or previously vaccinated.

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Treatment

There is no specific treatment available for Zika virus infection or disease.

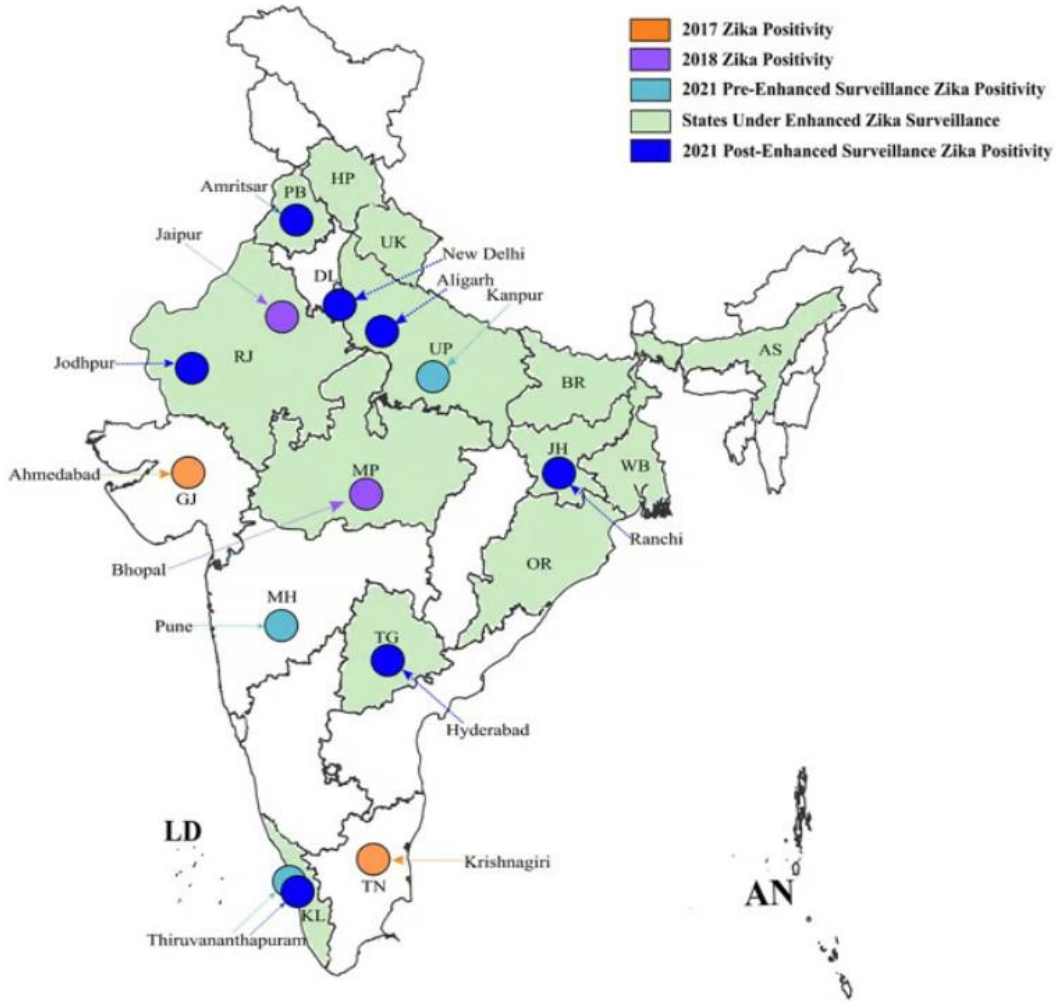
People with symptoms such as rash, fever or joint pain should get plenty of rest, drink fluids, and treat symptoms with antipyretics and/or analgesics. Nonsteroidal anti-inflammatory drugs should be avoided until dengue virus infections are ruled out because of bleeding risk. If symptoms worsen, patients should seek medical care and advice.

Pregnant women living in areas with Zika transmission or who develop symptoms of Zika virus infection should seek medical attention for laboratory testing, information, counselling and other clinical care.

Prevention

No vaccine is yet available for the prevention or treatment of Zika virus infection. Development of a Zika vaccine remains an active area of research.

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NO VAX YET, BUT FATALITIES RARE

What Is Zika Disease

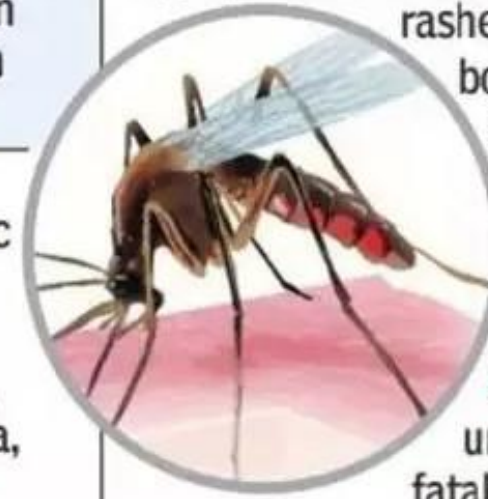
➤ Zika, a mosquito-borne virus, first identified in monkeys in Uganda in 1947

➤ In 2007, first outbreak in the Pacific region. Subsequent outbreaks reported from Africa, America, Asia, French Polynesia, Western Pacific and Brazil

➤ Transmitted by *Aedes aegypti* mosquitoes, also the vector for dengue and chikungunya

➤ Infection in a pregnant woman can cause birth defects in the newborn

Symptoms ➤ Most remain asymptomatic or show mild fever, rashes, conjunctivitis, body ache, joint pain



➤ **Only 1 in 4** may develop the symptoms

➤ Hospitalisation uncommon, fatalities rare

➤ **No vaccine or drug available**

The State Scenario

➤ Maharashtra has reported fewer than 5 cases, including in Pune, Palghar. The Palghar patient was a 7-year-old girl from Jhai ashramshala

➤ This is the first case in Mumbai

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SEEK DOCTOR OPINION

