



Zika virus infection is prevalent in Central and South America !

Symptoms

The principal symptoms include mild fever, headache, arthralgia, myalgia, rash, conjunctivitis, fatigue, and general fatigue. The symptoms are usually mild, and continue for 2 to 7 days. Unlike influenza, a sore throat does not usually occur.

Treatments and Prevention

Treatments are primarily symptomatic. Unfortunately, prophylactic vaccines and drugs with specific efficacy are not yet available. If travelling to an endemic region, the sole prophylactic way is to avoid being bitten by mosquitoes, which may carry the pathogen.

Tips to prevent mosquito bites:

- Use an insect repellent
- Wear clothes that cover as much of the body as possible, like long trousers and long sleeve shirts.
Wear bright-colored clothes, if possible.
- Create physical barriers against mosquitoes, for example, by closing screens, curtains, doors, and windows.
- Sleep under a mosquito net.
- Reduce mosquito breeding sites by keeping areas tidy and putting lids on containers, buckets, or plant pots, to prevent the collection of water.
- Nursing care is required for people who cannot take care of themselves, such as small children, elderly, and sick people.



Endemic area

Disease outbreaks can occur in the Pacific region, but in recent years, they have become more prevalent in Central and South America. There have been outbreaks in regions other than Central and South America; thus, precautions should be taken. You must be careful because it also occurs in the region, such as US Samoa, Fiji, Federated States of Micronesia, Kosrae, Marshall Islands, New Caledonia, Samoa, Tonga, Cape Verde and Thailand.

For females who are or may be pregnant

Pregnant women tend to be bitten by mosquitoes more often than non-pregnant women.

⇒Breathing rate increases by approximately 20% in the later stages of pregnancy, and the moisture and carbon dioxide content of exhaled air also increases. These changes attract mosquitoes.

The number of neonates with microcephaly has increased in Brazil in recent years, and a relationship with the Zika virus has been suggested. It is therefore considered best for women who are or may be pregnant to avoid endemic regions.

If you visits to such areas are unavoidable, special care should be taken to avoid being bitten by mosquitoes.

For people who have been to endemic regions

If the above symptoms develop within 2 weeks after returning to Japan, you should immediately consult a clinic or an institution that specializes in infectious diseases.

There have been reports of suspected cases of transmission by sexual intercourse. Regardless of whether or not they develop symptoms, people who return to Japan from endemic regions should either avoid sex or use a condom for at least 4 weeks.

Several other infectious diseases can be transmitted by mosquitoes.

If you have concerns about fever or other symptoms after returning to Japan from an endemic region, you should consult a local clinic or other healthcare facilities immediately.