

## **Zika Outbreak**

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### **What is Zika Virus?**

Zika virus is an infection spread by the same mosquitoes that transmit Dengue Fever Virus, there is currently an outbreak of Zika Virus in South America which has spread to Central America, parts of Asia and Africa (see [here](#) for full list of affected countries). It normally causes a mild self-limiting illness with fever, arthralgia, a rash (which may be itchy), headache and red eyes.

Infection during pregnancy has been associated with congenital Zika syndrome in the developing baby which may result in a small head (microcephaly) and developmental problems. It has also been associated in rare cases with neurological problems in otherwise healthy adults (Gullain-Barré syndrome).

There are tests available to detect current or past infection with Zika and these are available to patients who have had symptoms after travel to an endemic area. There have been rare cases of sexual transmission and Public Health England have issued [advice](#) on what precautions should be taken following travel.

There is no treatment available for Zika virus and no vaccine is currently available. For more information please go to [NHS Choices](#).

### **What should I do if I plan to travel to an affected country?**

Comprehensive advice can be found on the NaTHNaC website [here](#).

We run a travel clinic at the Hospital for Tropical Diseases – more information can be found [here](#)

Please note we do not give out travel advice via telephone.

### **I have returned from an affected country and I have been unwell, what should I do?**

If you have ongoing symptoms you may attend our walk-in clinic (open Monday-Friday 9am-4pm) – please see [here](#) for further details, and [here](#) for advice regarding sexual transmission.

If you have had symptoms but are now well please call us on 020 3456 7891 to confirm that attendance is necessary, and if so how urgent.

**I have returned from an affected country and I have not had any symptoms, what should I do?**

If you are pregnant inform your midwife who will advise on what local follow-up is indicated.

If you are not pregnant then see [here](#) for advice regarding sexual transmission.

If you are undergoing fertility treatment please contact your fertility specialist who will advise you.