

ZIKA VIRUS

What you need to know

Cigna®

Cigna is monitoring the developments of the outbreak and we are prepared to help customers, if needed.



Remember that our customer service is open 24/7/365 to help customers with questions about their health benefits and other issues that may relate to their benefits.



www.cdc.gov
and
www.who.int

For more specific information about the Zika virus, please visit the Centers for Disease Control and Prevention website at www.cdc.gov or the World Health Organization at www.who.int

1. What is Zika virus infection and how is it spread?



According to the World Health Organization (WHO), Zika virus is transmitted to people through the bite of an infected mosquito from the *Aedes* genus, mainly *Aedes aegypti* in tropical regions. This is the same mosquito that transmits dengue, chikungunya and yellow fever.

The virus can also be spread through sexual transmission and blood transfusions.

2. What are the symptoms?



- About one in five people infected with Zika will get sick.
- Zika virus usually causes mild illness; with symptoms appearing a few days after a person is bitten by an infected mosquito. Most people with Zika virus disease will get a slight fever and rash. Others may also get conjunctivitis, muscle and joint pain, and feel tired. The symptoms usually last two to seven days.

3. Can it be transmitted from mother to child?



There have been reports of a serious birth defect of the brain called **microcephaly** (a condition in which a baby's head is smaller than expected when compared with babies of the same sex and age) and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant. Knowledge of the link between Zika and these outcomes is evolving, but until more is known, CDC recommends special precautions for the following groups.

Women who are pregnant (in any trimester)

- The Zika Virus can be spread by a man to his partner during sex. It may be possible for a man to carry Zika and give it to his partner(s), even when he does not have symptoms, or know that he is infected. Because of the link between Zika and birth defects, take steps to prevent infection during your pregnancy.
- Consider postponing travel to any area where Zika virus transmission is ongoing.
- If you must travel to one of these areas, talk to your doctor first and strictly follow **steps to prevent mosquito bites** during your trip.



Women who are trying to become pregnant

- › The Zika virus can be spread by a man through sexual transmission before, during or after pregnancy.
- › Women diagnosed with Zika should wait at least eight weeks after symptoms onset to attempt pregnancy. Men diagnosed with Zika should wait at least six months after symptom onset to attempt pregnancy. Women without symptoms and men with possible exposure to Zika should wait at least eight weeks after exposure before attempting pregnancy.
- › Women and their partners who are thinking about pregnancy should talk with their health care professional about:
 - Their plans for having children, the potential risk of getting Zika during pregnancy, and their partner's potential exposure to Zika. To learn more visit: <http://www.cdc.gov/zika/pregnancy/thinking-about-pregnancy.html>

4. How is the disease diagnosed?



For most people diagnosed with Zika virus disease, diagnosis is based on their symptoms and recent history (e.g., mosquito bites, or travel to an area where Zika virus is known to be present). A laboratory can confirm the diagnosis by blood tests.

5. What is the treatment?



There is no vaccine or specific medicine to treat Zika virus infections.

Treat the symptoms.

- › 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
- › If you are taking medicine for another medical condition, talk to your health care professional before taking additional medication

6. Where have Zika virus cases been recently confirmed?



By the end of January 2016, confirmed cases have been identified in the following countries.

Latin America and Caribbean islands

Aruba, Barbados, Bolivia, Bonaire, Brazil, Colombia, Costa Rica, Cuba, Curaçao, Dominica, Dominican Republic, Ecuador, El Salvador, French Guiana, Guadeloupe, Guatemala, Guyana, Haiti, Honduras, Jamaica, Martinique, Mexico, Nicaragua, Panama, Paraguay, Puerto Rico, Saint Martin, Saint Vincent and the Grenadines, Suriname, Trinidad and Tobago, U.S. Virgin Islands and Venezuela

Oceania and Pacific islands

American Samoa, Marshall Islands, New Caledonia, Samoa, Tonga

Africa

Cape Verde



7. How do I protect myself?

According to the WHO, the best protection from Zika virus is preventing mosquito bites. Women who are pregnant or planning to become pregnant and their sexual partners should take extra care to protect themselves from the bites of the mosquito that transmits Zika. This can be done by:

- ▶ Wearing clothes (preferably light-coloured) that cover as much of the body as possible.
- ▶ Using insect repellent: repellents may be applied to exposed skin or to clothing, and should contain DEET (diethyltoluamide) or IR 3535 or Icaridin which are the most common biologically active ingredients in insect repellents. Repellents must be used in strict accordance with the label instructions. They are safe for use by pregnant women. (Check your country regulations on types of repellents to use.)
- ▶ Using physical barriers such mesh screens or treated netting materials on doors and windows.
- ▶ Sleeping under mosquito nets, especially when resting during the day, when Aedes mosquitoes are most active.
- ▶ Identifying and eliminating potential mosquito breeding sites, by emptying, cleaning or covering containers that can hold even small amounts of water, such as buckets, flower pots and tyres.

If you are a pregnant woman, or planning to get pregnant and have a male partner who lives in or has traveled to an area with Zika, you should talk to your health care provider about his travel history. You should refer to [CDC recommendations](#) and use protective measures, including abstinence, to prevent sexual transmission.

8. When should someone seek medical care?

- ▶ See your health care professional if you develop the symptoms described on page 1 and have visited the areas where Zika is found.
- ▶ See your health care professional if you are pregnant and develop a fever, rash, joint pain, or red eyes within two weeks after traveling to a country where Zika virus cases have been reported.



The material provided here as well as additional information on the Zika virus can be found on the following websites using the links below.

- ▶ Centers for Disease Control and Prevention (CDC): www.cdc.gov/zika
- ▶ World Health Organization (WHO): www.who.int/topics/zika/en/

Together, all the way.®



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