

The Virgin Islands Consortium

CDC Issues Major Zika Virus Advisory For Pregnant Women As New Case Is Reported In US

Health / **Published On January 20, 2016 10:25 AM /**

Ernice Gilbert **January 20, 2016**



The Centers for Disease Control (CDC) has [issued](#) a health advisory for the Zika virus, following the disease's [appearance in Puerto Rico](#), and now Hawaii, according to the Associated Press.

The CDC advisory includes information and recommendations about the Zika disease, diagnosis, and prevention, and provides travel guidance for pregnant women and women who are trying to become pregnant.

According to the release, until more is known and out of an abundance of caution, pregnant women should consider postponing travel to any area where Zika virus

transmission is ongoing. Pregnant women who do travel to these areas should talk to their doctors or other healthcare providers first and strictly follow steps to avoid mosquito bites during the trip. These locations, according to [this](#) CDC notices page, include Central America, the Caribbean and South America.

Women trying to become pregnant should consult with their healthcare providers before traveling to these areas and strictly follow steps to avoid mosquito bites during the trip, the release added.

Treatment No specific antiviral treatment is available for Zika virus disease, according to the CDC release. Treatment is generally supportive and can include rest, fluids, and use of analgesics and antipyretics. Because of similar geographic distribution and symptoms, patients with suspected Zika virus infections also should be evaluated and managed for possible dengue or chikungunya virus infection.

Aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) should be avoided until dengue can be ruled out to reduce the risk of hemorrhage. In particular, pregnant women who have a fever should be treated with acetaminophen. People infected with Zika, chikungunya, or dengue virus should be protected from further mosquito exposure during the first few days of illness to reduce the risk of local transmission.

Prevention

No vaccine or preventive drug is available. The best way to prevent Zika virus infection is to:

- Avoid mosquito bites.
- Use air conditioning or window and door screens when indoors.
- Wear long sleeves and pants, and use insect repellents when outdoors. Most repellents, including DEET, can be used on children older than two months. Pregnant and lactating women can use all Environmental Protection Agency (EPA)-registered insect repellents, including DEET, according to the product label.

Recommendations for Health Care Providers and Public Health Practitioners