

Zika disease is caused by Zika virus which is transmitted by the bite from an infected *Aedes* species mosquito. These mosquitos are usually aggressive daytime biters. They can also transmit Dengue, Chikungunya and Yellow Fever viruses. These mosquitoes have not been found in the Pacific NW though have been found in warmer regions of the US, such as Florida. This mosquito is found in many popular vacation destinations, such as the Caribbean and Central and South America. There is currently a CDC travel alert to much of Latin America and the Caribbean advising that travelers to Zika affected regions practice enhanced precautions (<http://wwwnc.cdc.gov/travel/notices>)

Symptoms of Zika disease are fever, rash, joint pain, generalized muscle pain, headache, and conjunctivitis (red eyes). The illness is usually mild, lasting 3-7 days. Only 1 in 5 people infected with the Zika virus develops symptoms.

In addition, there have been reports of increased birth defects (e.g., microcephaly) in pregnant women infected with Zika and increased rates of Guillain-Barré syndrome (a neurologic condition) in areas where Zika is present. Spread of the Zika virus through blood transfusion and sexual contact have also been reported.

UW students, faculty and staff, planning travel to locations affected by Zika should consult the Centers for Disease Control and Prevention (CDC) website for more information about potential risks of the disease and protection against mosquito bites: <http://www.cdc.gov/zika/>

Those with specific health concerns – including prevention, possible illness, recent or planned travel – should consult with a healthcare provider.

Additional travel resources for UW students, faculty and staff:

- Hall Health Travel Clinic offers international travel consultations, immunizations and medical prescriptions: <http://depts.washington.edu/hhpccweb/project/travel/>
- UW Global Travelers website provides information about the UW travel registry, international insurance, and overseas emergency assistance: <http://www.washington.edu/globalaffairs/global-travelers/>