

Zika fever

A disease caused by Zika virus that's spread through mosquito bites.

Extremely rare

Fewer than 1,000 US cases per year

-  Can't be cured, but treatment may help
-  Requires a medical diagnosis
-  Lab tests or imaging often required
-  Spreads by animals or insects
-  Short-term: resolves within days to weeks

In most cases, the illness is mild with symptoms lasting less than a week. A possible link between Zika virus infection in pregnant women and subsequent birth defects is being investigated.

The most common symptoms of Zika virus disease are fever, rash, joint pain, and red eyes.

There's no vaccine or specific treatment for the disease. Treatment instead focuses on relieving symptoms and includes rest, rehydration, and medications for fever and pain.

How it spreads

By animal or insect bites or stings.

Symptoms

Requires a medical diagnosis

The most common symptoms of Zika virus disease are fever, rash, joint pain, and red eyes.

People may experience:

Pain areas: in the back of the eyes, joints, or muscles

Whole body: fatigue, fever, chills, loss of appetite, or sweating

Also common: eye redness, headache, skin rash, or vomiting

Treatments

Can't be cured, but treatment may help

There's no vaccine or specific treatment for the disease. Treatment instead focuses on relieving symptoms and includes rest, rehydration, and medications for fever and pain.

Self-treatment

Anti-inflammatory: Ibuprofen (Advil)

Antihistamine: Diphenhydramine (Benadryl)

Pain reliever: Acetaminophen (Tylenol)

Also common

IV fluids, Oral rehydration therapy

Specialists

Primary care provider (PCP): Prevents, diagnoses, and treats diseases.

Infectious disease doctor: Treats infections, including those that are tropical in nature.

Travel medicine: Manages health concerns for international travelers.

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.