

Zika Virus

The [Zika virus](#) poses the largest threat to pregnant woman and their fetus. If a pregnant woman becomes infected with Zika, the infection is passed to the fetus causing birth defects. The Zika virus is a mosquito-borne virus transmitted by infected [Aedes mosquitoes](#). Zika can also be transmitted through sexual transmission and is considered a potential bloodborne pathogen. Within the United States, Aedes mosquitoes are concentrated in the southern U.S. and have been found in the southwestern and eastern states. These mosquitoes are aggressive daytime biters but also bite at night.

Zika in the United States and Oregon:

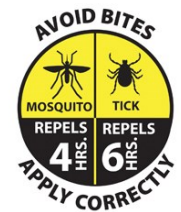
As of August 3, 2016 there have been six mosquito-borne Zika cases and 1,818 travel-associated Zika cases reported within the United States. Of the six mosquito-borne Zika cases reported within the United States, all cases were reported within Florida. Of the 1,818 travel-associated Zika cases reported within the United States, 14 cases were reported within Oregon. Keep up to date with the [Zika disease in the United States](#).



Recommended Workplace Actions - Prevention:

Recommended Employer Actions for Outdoor Workers in Zika Infected Mosquito Areas:

- All agencies with a Bloodborne Pathogens program (BBP) should review their BBP program for any issues arising specifically from Zika that are not already included in the program.
- Inform workers about their risks of exposure to Zika virus through mosquito bites and train them how to protect themselves (Low risk in Oregon - keep up to date with the [Zika virus disease in the United States](#)).
- Encourage proper use of [insect repellent](#) according to its guidelines.
- Encourage workers to wear clothing that covers hands, arms, legs and other exposed skin (in warm weather - wear lightweight, loose-fitting clothing).
- Remove sources of standing water (e.g. tires, buckets, cans, bottles, barrels) on state-owned property.
- If there is potential risk from Zika infected mosquitos in your work areas, and if requested by a worker, consider reassignment for anyone who indicates she is or may become pregnant or who is male and has a partner who is or may become pregnant. Such workers should be familiar with [CDC information on Zika virus and Pregnancy](#).



[Image from EPA](#)

Prevention from Spreading:

If infected with the Zika virus, protect others by taking the following steps for up to three weeks:

- Protect yourself from mosquito bites by continuing to use mosquito bite prevention measures.
- Prevent spreading Zika through sexual transmission

Review the CDC information on [Zika Virus and Prevention](#)

RiskWise



A Guide to
Controlling
Risk

Zika Virus

- **Zika in the United States and Oregon**
- **Recommended Workplace Actions - Prevention**
- **Traveling**
- **Symptoms, Diagnosis and Treatment**
- **Resources**

Traveling:

Protect yourself and others from Zika:

- Know before you go ([Areas with Zika](#), [Cases in the United States](#), [All Countries & Territories with Active Zika Virus Transmission](#))
- Pack to prevent and protect yourself (insect repellent, clothing that covers exposed skin, bed net).
- STOP the spread (watch for symptoms, call your doctor and continue to use prevention measures).
- Most people with Zika don't know they have it. The illness is usually mild with symptoms lasting about a week.

Symptoms, Diagnosis and Treatment:

Symptoms:

- One in five infected individuals develops symptoms of the Zika virus.
- Symptoms usually begin 2-7 days after the bite of an infected mosquito.
- Symptoms are usually mild and can last 2-7 days.
- Symptoms include fever, rash, joint pain, red eyes, muscle pain and headache.

Diagnosis:

- People usually don't get sick enough to go to the hospital; many might not realize they have been infected.
- Zika virus usually remains in the blood of an infected person for about a week or longer.
- See your doctor or other healthcare provider if you develop symptoms.

Treatment:

- There is no vaccine to prevent or medicine to treat Zika virus.
- Treat the symptoms: get plenty of rest, drink fluids to prevent dehydration, take acetaminophen (Tylenol®) to reduce fever and pain (do not take aspirin).



Resources:

DAS RISK MANAGEMENT
www.oregon.gov/das/Risk/Pages/Index.aspx

DAS
DEPARTMENT OF
ADMINISTRATIVE
SERVICES

General Services Building
EGS | Risk Management
PO Box 12009
Salem OR 97309

Phone: 503-373-7475
Fax: 503-373-7337
E-mail: risk.management@oregon.gov

*We commit to be KNOWLEDGEABLE, RESPECTFUL AND
RESPONSIVE in business and interactions.*

- Centers for Disease Control and Prevention - [Zika Virus](#)
- National Institute for Occupational Safety and Health - [Zika Virus](#)
- World Health Organization - [Zika Virus](#)
- Occupational Safety and Health Administration: [Interim Guidance for Protecting Workers from Occupational Exposure to Zika Virus](#)
- Centers for Disease Control and Prevention: [Zika Virus - Prevention](#)
- Centers for Disease Control and Prevention: [Zika Virus - Symptoms, Diagnosis, & Treatment](#)
- Centers for Disease Control and Prevention: [Zika Travel Information](#)