

ZIKA VIRUS INFECTION

Causative agent

Zika virus infection is a mosquito-borne disease caused by Zika virus.

Clinical features

Most Zika virus infection is asymptomatic. The most common symptoms of Zika virus infection are fever and skin rash, usually accompanied by conjunctivitis, muscle or joint pain and general malaise. These symptoms are usually mild and last for a few days.

The current major concern is the association with adverse pregnancy outcome (microcephaly) and neurological and autoimmune complications such as Guillain-Barré syndrome (GBS). According to the World Health Organization, based on a growing body of research, there is scientific consensus that Zika virus is a cause of microcephaly, GBS and other central nervous system foetal malformations.

Apart from GBS, acute disseminated encephalomyelitis (a disease of the central nervous system) was recently found to be one of the neurologic manifestations possibly resulted from Zika virus.

Mode of transmission

Zika virus is mainly transmitted to humans through the bite of an infected *Aedes* mosquito. *Aedes aegypti*, which is currently not found in Hong Kong, is considered the most important vector for Zika transmission to humans. Other *Aedes* mosquito species such as *Aedes albopictus* widely present locally are also considered as potential vectors.

Zika virus can potentially be transmitted through blood transfusion. Zika virus has also been found in human semen and transmission by sexual contact has been confirmed. Sexual transmission of Zika virus between men who have sex with men has been identified.

Incubation period

Symptoms typically begin 2-7 days after the bite of an infected mosquito.

Management

There is no specific medication for Zika virus infection and the mainstay of treatment is symptomatic relief and prevention of dehydration. If symptoms worsen, they should seek medical care and advice.

Prevention

At present, there is no effective vaccine against Zika virus infection. To prevent Zika virus infection, members of the public are reminded to protect themselves from mosquito bites and help prevent mosquito proliferation.

General measures on preventing mosquito-borne diseases

1. Wear loose, light-coloured, long-sleeved tops and trousers, and use DEET-containing insect repellent on exposed parts of the body and clothing.
2. Take additional preventive measures when engaging in outdoor activities:
 - Avoid using fragrant cosmetics or skin care products
 - Re-apply insect repellents according to instructions
3. Special notes when travelling abroad:
 - If going to areas with ongoing Zika virus transmission (affected areas), travellers, especially persons with immune disorders or severe chronic illnesses, should arrange a consultation with doctor at least 6 weeks before the trip, and have extra preventive measures to avoid mosquito bites.
 - During the trip, if travelling in rural affected areas, carry a portable bed net and apply permethrin (an insecticide) on it. Permethrin should NOT be applied to skin. Seek medical attention promptly if feeling unwell.

- Travellers who return from affected areas should apply insect repellent for 14 days after arrival in Hong Kong. If feeling unwell e.g. having fever, should seek medical advice promptly, and provide travel details to doctor.
- Travellers should consider not having sex during travel to affected areas, or else condoms should be used.
- Male travellers returning from affected areas:
 - Diagnosed with Zika virus infection or with compatible symptoms should not have sex for at least 6 months upon onset, or else the use of condoms should be considered;
 - Without compatible symptoms should not have sex for at least 2 months upon return, or else the use of condoms should be considered.

Special notes for pregnant women and women preparing for pregnancy

- Pregnant women and women preparing for pregnancy should consider deferring their trip to affected areas. Those who must travel to any of these areas should seek medical advice from their doctor before the trip, adopt contraception if appropriate, strictly follow steps to avoid mosquito bites during the trip, and consult and reveal their travel history to their doctor if symptoms develop after the trip. Women preparing for pregnancy are advised to continue to adopt contraception for at least 2 months after returning from these areas.

Special notes for prevention of sexual transmission regarding potential adverse pregnancy outcome*

- Pregnant lady should not have sex with her male partner who had travelled to affected areas, or else condom should be used.
- Any male traveller returning from affected areas should:
 - abstain from sex with his pregnant partner, or else use condoms throughout the pregnancy;
 - use condom for at least 6 months if his female partner may get pregnant.

**This is a precaution and may be revised as more information becomes available. Individuals with further concerns regarding potential sexual transmission of Zika virus should contact their doctor for advice.*

Help prevent mosquito proliferation

1. Prevent accumulation of stagnant water
 - Change the water in vases once a week
 - Clear the water in the saucers under potted plants every week
 - Cover water containers tightly
 - Ensure air-conditioner drip trays are free of stagnant water
 - Put all used cans and bottles into covered dustbins
2. Control vectors and reservoir of the diseases
 - Store food and dispose of garbage properly

Pregnant women and children of 6 months or older can use DEET-containing insect repellent. For details about the use of insect repellents and the key points to be observed, please refer to '[Tips for using insect repellents](#)'.

For more information about control and prevention of mosquito breeding, please visit the website of Food and Environmental Hygiene Department (FEHD) at http://www.fehd.gov.hk/english/safefood/handbook_prev_mos_breeding.html

Source: Centre for Health Protection, Department of Health

寨卡病毒感染

病原體

寨卡病毒感染是一種由寨卡病毒引起的蚊媒傳染病。

病徵

大部分寨卡病毒感染並沒有病徵。寨卡病毒感染的病徵包括發燒、皮疹、結膜炎、肌肉或關節疼痛和疲累。這些症狀一般輕微及持續數天。

目前最受關注的是該病與懷孕的不良影響（初生嬰兒出現小頭畸形）和其他神經系統及自身免疫性的併發症如吉巴氏綜合症的關係。世界衛生組織的報告顯示，越來越多研究而達致的科學共識指，寨卡病毒是小頭畸形、吉巴氏綜合症和其他胎兒中樞神經系統畸形的成因。

除吉巴氏綜合症外，急性播散性腦脊髓炎（一種中樞神經系統疾病）最近被發現可能是寨卡病毒導致的神經系統問題之一。

傳播途徑

寨卡病毒主要透過受到感染的伊蚊叮咬而傳染給人類。本港現時沒有發現主要傳播寨卡病毒的埃及伊蚊。其他種類的伊蚊如白紋伊蚊亦被視為可能的病媒，而白紋伊蚊於本地非常普遍。

寨卡病毒可能透過輸血傳染。寨卡病毒亦在人類精液中發現，透過性接觸傳染已被確認。男男性接觸者透過性接觸傳染寨卡病毒已被確認。

潛伏期

病徵一般於被感染的蚊子叮咬後 2 – 7 天出現。

治理方法

目前並沒有治療寨卡病毒感染的藥物，主要是透過症狀療法以舒緩不適及預防脫水。如果病情惡化，患者應立刻求醫。

預防方法

現時並沒有預防寨卡病毒感染的疫苗。要預防寨卡病毒感染，市民應該避免被蚊子叮咬及防止蚊蟲滋長。

預防蚊子傳播的疾病的方法

1. 穿著寬鬆、淺色的長袖上衣及長褲，並於外露的皮膚及衣服塗上含避蚊胺 (DEET) 成分的昆蟲驅避劑。
2. 採取其他關於戶外的預防措施：
 - 避免使用有香味的化妝品或護膚品
 - 依照指示重複使用昆蟲驅避劑
3. 出外旅遊須知：
 - 外遊人士尤其是有免疫系統疾病或長期病患者，於出發前往寨卡病毒持續傳播的地區(受影響地區)，最少 6 個星期前，諮詢你的醫生，並應該採取額外的預防措施，避免受到叮咬。
 - 如到受影響地區的郊外，應帶備便攜式蚊帳，並在蚊帳上使用氯菊酯（一種殺蟲劑）。切勿將氯菊酯塗在皮膚上。如感到不適，應盡早求醫。
 - 外遊人士從受影響地區回來後 14 天內須繼續使用昆蟲驅避劑，若感到身體不適，如發燒，應盡快求醫，並將行程細節告知醫生。
 - 到受影響地區外遊，應考慮避免發生性行為，否則應使用安全套。
 - 從受影響地區到港的男士：
 - 如被確診感染寨卡病毒或出現相關病徵，應於發病後至少 6 個月內避免發生性行為，或考慮使用安全套；
 - 如沒有出現相關病徵，則應於到港後至少 2 個月內避免發生性行為，或考慮使用安全套。

給懷孕婦女和計劃懷孕的女士的建議

- 懷孕婦女和計劃懷孕的女士應考慮延後到訪受影響地區。如必須前往這些地區，出發前應徵詢醫生的意見。旅途中，應採取適當避孕措施和時刻採取防蚊措施。旅程後，如出現病徵，則應求診並告知醫生外遊紀錄。計劃懷孕的女士從受影響地區返港後至少兩個月內亦應繼續採取避孕措施。

預防因性接觸傳染而出現不良懷孕後果的特別建議*

- 孕婦應避免與曾到訪受影響地區的男伴發生性行為，否則應使用安全套。
- 從受影響地區回港的男性外遊人士，應注意：
 - 不應與懷孕女伴發生性行為，否則應在整段懷孕期間使用安全套；
 - 如女伴有機會懷孕，應在回港後至少 6 個月內使用安全套。

* 這是預防措施並可能隨有更多新資料而更新。個別人士如對性接觸傳染寨卡病毒有進一步的關注，應徵詢其醫生的意見。

防止蚊蟲滋長

1. 防止積水
 - 每星期為花瓶換水一次
 - 每星期清理花盆底下的積水
 - 緊蓋貯水器皿
 - 確保冷氣機底盤沒有積水
 - 把用完的罐子及瓶子放進有蓋的垃圾桶內
2. 避免蚊蟲滋生
 - 應妥善存放食物及處理垃圾

孕婦及 6 個月或以上的兒童可以使用含避蚊胺成分的昆蟲驅避劑，關於使用昆蟲驅避劑的詳情和須注意的要點，請參閱「[使用昆蟲驅避劑的注意事項](#)」。

有關更多防治蚊子滋生的資料，請瀏覽食物環境衛生署網頁：

http://www.fehd.gov.hk/tc_chi/safefood/handbook_prev_mos_breeding.html

資料來源：衛生署衛生防護中心