

Information Leaflet

Zika Virus & Ebola Virus

What is Zika virus?

Zika virus infection is caused by a virus that is transmitted by a mosquito.

What are the symptoms of the Zika virus?

After an infected mosquito bites a human, the first symptoms of Zika can develop in 3 to 12 days but it can be shorter or longer in some people. Most people infected with Zika virus has no symptoms. For those with symptoms, Zika virus tends to cause a mild, short-lived (2 to 7 days) illness. Signs and symptoms suggestive of Zika virus infection may include a combination of the following:

- rash
- itching or pruritus
- fever
- headache
- arthralgia (pain in the joints) or arthritis
- myalgia (generalised muscle pain)
- conjunctivitis (inflammation in the eye)
- lower back pain
- retro-orbital pain (pain behind the eye)

Testing

The only correct diagnosis is through laboratory blood testing, which can be arranged via your GP.

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Fertility Treatment

Due to the nature of the virus it is strongly advised people do not try to conceive around the time of travel to a zika affected region or country. It is recommended that women avoid unprotected sex and starting a pregnancy while travelling in an area with Zika virus. You should also avoid unprotected sex and starting a pregnancy for 8 weeks (if a woman) or 3 months (if a man) after you return home.

More information on the Zika virus can be found at

Zika virus - NHS (www.nhs.uk)

Zika virus (ZIKV): clinical and travel guidance - GOV.UK (www.gov.uk)

If you have any further questions, please speak with a member of the team

What is Ebola virus?

Ebola virus disease (EVD) is a rare but severe infection in humans. It is caused by the Ebola virus, a filovirus.

What are the symptoms of Ebola infection?

The time interval from infection with the virus to onset of symptoms is 2 to 21 days. First symptoms are the sudden onset of fever, fatigue, muscle pain, headache and sore throat. Other symptoms include:

- weakness
- diarrhoea
- vomiting
- abdominal pain

Testing

The only correct diagnosis is through laboratory blood testing, which can be arranged via your GP.

Fertility Treatment

Due to the nature of the virus it is strongly advised people do not try to conceive around the time of travel to a zika affected region or country. It is recommended that women avoid unprotected sex and starting a pregnancy while travelling in an area with Zika virus. You should also avoid unprotected sex and starting a pregnancy for 8 weeks (if a woman) or 3 months (if a man) after you return home. Semen can remain infectious for at least three months after recovery.

More information can be found at:

Ebola virus disease - NHS (www.nhs.uk)

Ebola: overview, history, origins and transmission - GOV.UK (www.gov.uk)

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This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk

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