



			Security Classification - Classification de sécurité
To À		All Ontario Region Nursing Stations, Clinics, and	
"		Health Centres	Our File - Notre référence
From		Dr. Thomas Wong MD MPH CCFP FRCPC, Chief Medical Officer, Public Health First Nations & Inuit Health Branch	
De		Melanie Knight, BScN, Communicable Disease Education Coordinator FNIHB-Ontario Region	Your File - Votre référence
		First Nations & Inuit Health, Ontario Region	Date February 02, 2016

The Public Health Agency of Canada has recently confirmed travel-related cases of Zika virus from Central and South America. There have been no reported cases of locally acquired Zika virus infection in Canada to date.

Background:

Public health information has been posted by the Public Health Agency of Canada in response to confirmed travel-related cases of Zika. Since the 1950s, Zika infection in humans has been reported in Africa, Asia and the Pacific. In 2015 outbreaks started to emerge in South America.

What is Zika?

Zika is a virus that is spread from infected persons to others by mosquitoes. The mosquitoes known to transmit the virus are not established in Canada and are not well-suited to our climate currently. Approximately only 1 in 4 people infected with the Zika virus will develop symptoms. Zika virus disease is usually mild. It has an incubation period of 3-12 days. Symptoms last generally a few days and can include, but are not limited to: fever, muscle pain, joint pain, headache, physical weakness, lack of energy, rash, pain behind the eyes and red eyes.

There is no vaccine or medication that protects against Zika virus infection. Treatment of Zika virus is aimed at symptom relief. Anyone who has recently travelled to affected regions and develop symptoms similar to Zika are advised to immediately contact their health care provider and inform them of their recent travel to a Zika affected area.

What is the risk for Canadians?

Risk is to those travelling to affected areas. To find out if the area in which you are travelling to is affected by Zika please go to <http://www.who.int/csr/don/archive/disease/zika-virus-infection/en/>

Who is most at risk?

Pregnant women or women planning on getting pregnant are advised to discuss their travel plan with their health care provider and consider postponing travel to areas where the Zika virus is circulating. If travel cannot be postponed strict precaution should be taken to prevent mosquito bites. It is suspected that Zika infection during pregnancy may have serious adverse effects on the developing fetus.

How to prevent Zika?

When travelling to affected areas travelers should take precautions to prevent mosquito bites. This can include, but is not limited to, using: insect repellent, protective clothing, mosquito nets, screened doors and windows.

What is the role of CHNs?

CHN's are to make this information available to their community. Advise those who are travelling to affected areas to consult with their health care provider. Those working in treatment centers should keep Zika in mind when assessing patients who present with associated symptoms and make inquiries about recent travel.

For additional information please see:

Public Health Notice-Zika Virus, The Public Health Agency of Canada, January 2016 available online at:
<http://www.phac-aspc.gc.ca/phn-asp/2016/zika-eng.php>

Zika Virus, The World Health Organization, January 2016 available online at:
http://www.wpro.who.int/mediacentre/factsheets/fs_05182015_zika/en/

Zika Virus Infection, Public Health Ontario, 2016 available online at:
<http://www.publichealthontario.ca/en/BrowseByTopic/InfectiousDiseases/Pages/IDLandingPages/Zika-Virus-Infection.aspx>

Zika Virus, Centre for Disease Control and Prevention, February 2016 available online at:
<http://www.cdc.gov/zika/index.html>

Zika Virus Infection, Pan American Health Organization available online at:
http://www.paho.org/hq/index.php?option=com_content&view=article&id=11585&Itemid=41688&lang=en