

What are the symptoms of the Zika virus?

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Symptoms of Zika include a mild fever, muscle and joint pain, as well as red eyes and red patches on the skin. The disease is transmitted by the same dengue mosquito, and symptoms usually occur 10 days after the bite.

Generally, Zika virus transmission occurs through the bite of the *Aedes aegypti* mosquito, but there have been cases of people infected through sexual contact without a condom.

One of the main complications of this disease occurs when the mother is infected with the virus, which can cause microcephaly, a serious neurological disorder in her baby.

Zika Virus Symptoms

The symptoms of Zika are similar to those of dengue, however, the Zika virus is weaker and therefore the symptoms are milder and disappear after 4 to 7 days, but it is important to consult a doctor to confirm that you really it's with Zika. Initially, the symptoms may be mistaken for a simple flu, causing

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Low grade fever

Low-grade fever, which can vary from 37.8 ° C to 38.5 ° C, is due to the fact that with the virus entering the body there is an increase in the production of antibodies and this increase raises the body temperature, therefore that temperature should not be considered a bad thing, but indicates that the antibodies are working to fight the invading agent.

Relieve: In addition to the remedies indicated by the doctor it can be useful to avoid clothes that are too hot, take a warm bath to adjust the temperature of the skin or lightly put cold cloths on the neck and armpits to reduce the body temperature.

Red spots on the skin

These occur throughout the body and are slightly higher. They start on the face and then spread throughout the body and can sometimes be mistaken for measles or dengue fever, for example.

In the clinic, holding the tourniquet test can differentiate the symptoms of dengue, since the result will always be negative in cases of Zika. Unlike dengue, Zika cannot cause bleeding

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complications.

Itchy's body

In small spots on the skin Zika also causes itchy skin in most cases, however, it tends to decrease itching for 5 days and can be treated with antihistamines prescribed by the doctor.

Relieve: Taking cold baths can also help relieve itching. Applying potato cornstarch or fine oatmeal to the most affected areas can also help control this symptom.

Pain in the joints and muscles

The pain caused by Zika affects all the muscles of the body, and occurs mainly in the small joints of the hands and feet. Furthermore, the region may be slightly swollen and reddish, but it also occurs in the case of arthritis. The pain can be more intense when moving, standing still hurts less.

Relaxation: Drugs such as acetaminophen and ibuprofen are helpful in relieving this pain, but cold compresses can also help deflate the joints, relieve pain and discomfort, on the other hand, it should remain as long as possible.

Headache

The headache caused by Zika mainly affects the part behind the eyes, the person may have the a feeling that the head is throbbing, but in some people the headache is not very bad.

Relieve: Place cold compresses on your forehead and sipping a hot chamomile tea can help ease discomfort.

Physical and mental fatigue

With the action of the immune system against the virus, there is a greater expenditure of energy and consequently the person feels more tired, difficult to move and focus. This occurs as a way of protecting the person to rest and the body can focus on fighting the virus.

Relieve: You should rest as much as possible, drink enough water to facilitate the elimination of the virus and evaluate the possibility of not attending school or work.

Redness and tenderness in the eye

This redness is caused by increased periorbital blood flow. Although similar to conjunctivitis there is no yellowish discharge, although there may be a slight increase in tear production. Also, the eyes are more sensitive to light and it may be more comfortable to wear sunglasses.

Other less frequent symptoms are gastrointestinal disorders such as ulcers, pain in the abdomen, nausea, vomiting, diarrhea or constipation. Neck pain also occurs in some people, although it is less common.

In 80% of cases, Zika does not cause any symptoms and therefore they are called asymptomatic. People who do not have Zika symptoms are believed to have a stronger immune system and therefore cannot exhibit symptoms related to the disease.

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Zika virus transmission

The Zika virus is transmitted to humans by bites from the *Aedes Aegypti* mosquito, which usually bites in the afternoon and evening.

The virus can be passed from mother to child during pregnancy, causing a serious disease called microcephaly, and also through sex with people who have the disease.

Furthermore, there is also a suspicion that Zika can be transmitted through breast milk, causing the baby to develop the symptoms of Zika and also through saliva, but these hypotheses are not confirmed and it seems to be very rare .

If you are pregnant or breastfeeding talk to your doctor and follow all of her guidelines. See how Zika can affect pregnancy.

The Zika virus is the same family as the cause of dengue and Chikungunya fever, causing similar symptoms, but less intense, but its consequences can be very serious.

Medicines to treat Zika

The treatment for the Zika virus is very similar to dengue, however, in case of Zika virus, the doctor may indicate the use of the following medications:

Analgesics such as paracetamol or dipyrone, 8 in 8 hours to fight pain and fever;

Anti-inflammatory drugs such as ibuprofen, 8 in 8 hours, to reduce pain in the joints and muscles;

Anti-allergy drugs such as loratadine, cetirizine, hydroxyzine to relieve redness of the skin, eyes, and itching of the body;

Lubricant Eye drops such as Moura Brasil, for application to the eyes 3 to 6 times a day.

In addition to the remedies, it is important to rest for 7 days and eat a diet rich in vitamins and minerals, and drink plenty of water to recover faster.

If your baby has this Zika, it may be a little more difficult to detect the symptoms, so it is necessary to be very attentive to the signs that he may present such as fever and irritability, treatment in neonates is slightly different. See how to treat your baby with Zika.

In addition, pharmaceutical products containing acetylsalicylic acid should not be used, as in the case of dengue, as they can increase the risk of bleeding. See examples of drugs contraindicated in these two diseases: dengue for remedies.

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Zika virus complications

Although it will generally be weaker than dengue Zika, complications such as microcephaly in infected babies of women during pregnancy and Guillain-Barré syndrome, for example, can occur in some people. Understand how Zika can be serious.

Therefore, if in addition to the typical Zika symptoms, the person has a change or worsening of symptoms, they should see a doctor as soon as possible to carry out tests that can confirm these other diseases. Courtesy: <https://cualesel.net/>

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#Zika #VirusZika