



## Zika virus, a deadly ghost of pregnancy haunts us with the saying - care or bear the consequences

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Type of Publication: Original Research Paper

Conflicts of Interest: Nil

### ABSTRACT

Outbreaks of Zika virus infection (primarily transmitted through bite of infected *Aedes* mosquito) are increasingly being reported from various parts of the world. Now since it is a globally recognised health problem, awareness amongst mass population should be given utmost priority and this is the sole reason behind writing this article.

**Keywords:** Zika virus, *Aedes*, Guillain Barre

## INTRODUCTION

### The problem

Infection by Zika virus (origin=Zika forest, Uganda)<sup>1</sup> is taking its toll with an increasing trend of cases and careless behaviour of the mass population. Now this is the time to rope in global awareness programmes to stop the ongoing negligence in the world.

Zika virus infection can be a triggering factor for the development of Guillain Barre syndrome<sup>2</sup>, though most of the time, patient is asymptomatic or develop mild symptoms like fever, headache, rash, arthralgia simulating dengue virus infection. It's possible for Zika virus to be passed from a pregnant women to her fetus. Unfortunately, pregnancy outcomes are not good, it may range from miscarriage to microcephaly hence WHO guidelines for the prevention of sexual transmission of the Zika virus are excellent feast for enthusiastic clinicians and their patients.

It can be diagnosed serologically either by detecting IgM antibodies or an increase in IgG antibodies<sup>3</sup> in paired sera collected in the acute and convalescent

stage. CDC recommends concurrent RNA nucleic acid amplification test (NAAT) and IgM testing for Zika and dengue viruses, as soon as possible after symptom onset. Treatment is supportive with bed rest, fluids and acetaminophen administration as usual recommendations.

As we all know it's a mosquito-borne disease, simple yet effective measures can bring a big change in the incidence of Zika virus infection. These measures include the use of bed nets and reducing the key mosquito breeding sites as taught in mosquito awareness week to head of the families in America.

We should be aware of all the worst outcomes and the preventive strategies, only then we will be prepared to tackle this global threat and this is the sole purpose of this written content. Different modes of communication including newspaper and internet should be incorporated to spread the facts and myths

related to this emerging neurotropic flavivirus as it can cost life of our future generations.

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