

NEWS RELEASE

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Second Case of Zika Virus Reported in North Dakota

Bismarck, N.D.— The North Dakota Department of Health (NDDoH) has confirmed a second case of Zika virus illness reported in a North Dakota resident. The individual who tested positive for Zika virus is a man who traveled to Costa Rica. This case was not hospitalized for his illness.

“People who travel to areas with Zika virus need to protect themselves from mosquito bites,” said Laura Cronquist, Epidemiologist with the NDDoH. “Protect yourself by using insect repellent when outdoors, wearing long-sleeved shirts and long pants, staying in screened-in or air-conditioned rooms, and using a bed net if you are sleeping outside.”

Zika is typically spread to people by a bite from an infected mosquito. Zika can also be spread from a mother to her unborn child, through sexual contact, and likely through blood transfusions. The mosquitoes that are known to transmit Zika have not been found in North Dakota.

The NDDoH has the following recommendations for those returning from Zika affected area:

- All travelers should consult their health care provider if they develop illness, such as sudden onset of fever, rash, conjunctivitis (red eyes), joint pain, muscle soreness or pain, or headache, within 14 days of returning from Zika affected areas
- Men returning from an area with Zika virus transmission should either abstain from sexual activity or correctly and consistently use condoms for all sexual acts; men should contact their health care provider for advice on how long they need to abstain or use condoms
- Pregnant women should consult their health care provider and seek testing for Zika virus between two and 12 weeks after returning from a Zika affected area
- Even if they do not feel sick, all travelers returning to the United States from an area with Zika should take steps to prevent mosquito bites for three weeks following their return

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- Travelers who become ill should be particularly careful to avoid getting additional bites from other mosquitos during the first week of illness
- Travelers should not use nonsteroidal anti-inflammatory drugs (NSAIDs) like aspirin, ibuprofen, and naproxen, to treat symptoms

The NDDoH Zika website will be updated weekly on Wednesdays with the current number of cases and infections reported to the NDDoH. More information regarding Zika virus, including an up-to-date list of destinations with confirmed Zika transmission, can be found at www.ndhealth.gov/disease/zika. Anyone who plans to travel outside of the United States should consult a health care provider prior to traveling (ideally six months prior), as certain vaccines and medications may be recommended to prevent disease. For more information, please visit wwwnc.cdc.gov/travel.

For more information, contact Laura Cronquist at lcronquist@nd.gov, or at 1.800.472.2180 or 701.328.2378.

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