Zika virus

The Public Health Agency is advising pregnant women to postpone non-essential travel to areas with active Zika transmission until after pregnancy.

In addition, it is recommended that couples should follow guidance on prevention of sexual transmission of Zika and avoid becoming pregnant while travelling to a Zika-affected area and for up to six months on return.

As a precaution male travellers, regardless of having symptoms or not, should use condoms and other barrier methods during sex for six months after leaving an affected area.

Further advice on preventing sexual transmission of Zika can be found here.

The Zika virus is an infection transmitted by Aedes mosquitoes. The infection often occurs without symptoms but it can cause a mild illness which can include fever, headache, rash, joint and muscle pain, and conjunctivitis.

There is no vaccine or drug treatment and patients affected are advised to rest and drink plenty of fluids.

The infection is spread by the mosquito. A Q&A on the Zika virus can be found here on the NHS Choices website.

A link to exposure to the Zika virus during pregnancy and microcephaly (a birth defect where a baby's head is smaller than expected when compared to babies of the same sex and age) and other congenital malformations has been identified.
All travellers to the affected countries should ensure they seek travel health advice from their GP or a travel clinic well in advance of their trip and consult the National Travel Health Network and Centre (NaTHNaC) website for up to date information on current outbreaks and country information.

A leaflet with advice on reducing the risk of mosquito-borne infections such as dengue, chikungunya, West Nile, malaria, yellow fever and Zika, can be found here.

Increase in cases of Legionnaire's disease in Palmanova, Mallorca

Public Health England (PHE) has seen a recent increase in the number of cases of Legionnaire’s disease in people who have travelled to a town called Palmanova, in Mallorca, Spain. For information on this please click on the following link - www.gov.uk/government/news/increase-in-cases-of-legionnaires-disease-in-palmanova-mallorca