

Report describes first known case of Zika in US resident returning from Costa Rica

February 10 2016

A [report](#) published in *Annals of Internal Medicine* describes the first known case of Zika virus in a U.S. resident following travel to Costa Rica.

The author discusses the traveler's symptoms, what his test results showed, and the health status of the family members who traveled with him.

About Zika

Zika, a mosquito-borne flavivirus, has rapidly spread through South America, Central America, and the Caribbean since first being recognized in Brazil in 2015. About one in five people infected with Zika will experience fever and flu-like symptoms. The virus is especially dangerous for pregnant women because it is associated with microcephaly, a serious birth defect.

Travelers to all areas where *Aedes* mosquitoes are present should be advised to avoid day-biting mosquitoes to prevent Zika.

More information: *Annals of Internal Medicine*,
www.annals.org/article.aspx?doi=10.7326/L16-0075

Provided by American College of Physicians

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