

Zika Virus

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What is Zika?

Zika is a disease caused by Zika virus that is spread to people primarily through the bite of an infected Aedes species mosquito.

What are the symptoms of Zika?

The most common symptoms of Zika virus disease are fever, rash, joint pain, or conjunctivitis (red eyes). Symptoms typically begin 2 to 7 days after being bitten by an infected mosquito. About one in five people infected with Zika will get sick. For people who get sick, the illness is usually mild. For this reason, many people might not realize they have been infected.

How is Zika transmitted?

Zika is primarily transmitted through the bite of infected Aedes mosquitoes. It can also be transmitted from a pregnant mother to her baby during pregnancy or around the time of birth.

Who can get infected with Zika?

Anyone who is living in or traveling to an area where Zika virus is found who has not already been infected with Zika virus is at risk for infection, including pregnant women. Specific areas where Zika virus transmission is ongoing include Central America, South America, the Caribbean, and Mexico; however, further spread to other countries in the region is likely.

How is Zika treated?

There is no specific medicine to treat Zika virus infections. Those who have Zika should treat symptoms with over-the-counter pain/fever reducing medications, stay hydrated and get plenty of rest.

How can Zika be prevented?

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to avoid being bitten. Protect yourself and your family from mosquito bites.

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside. If possible, sleep under a mosquito bed net.
- Help reduce the number of mosquitoes inside and outside your home or hotel room by emptying standing water from containers such as flowerpots or buckets.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.

Please visit the CDC website for the most updated information on Zika Virus
(<http://www.cdc.gov/zika/index.html>)

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