

How can Zika virus be prevented?

There is no vaccine to prevent Zika, but you can reduce your risk!

- If living/visiting an area with local transmission of Zika cases, prevent mosquito bites.
- If you are pregnant, avoid going to a country with current Zika cases.
- If you traveled to an area with current Zika cases and/or are infected with Zika, avoid having unprotected sex for at least
 - 3 months after returning or symptoms begin, if you are a man.
 - 8 weeks after returning or symptoms begin, if you are a woman.
- If you are a person infected with Zika or have recently traveled or lived in an area with local transmission of Zika **and** your partner is pregnant
 - use a condom correctly and every time you have sex *or*
 - do not have sex for the remainder of the pregnancy.



Prevent Mosquito Bites

While outdoors in an area with mosquitoes,

- Use mosquito repellent.
 - Use repellents approved by the EPA.
 - If you use a product containing DEET, do not use concentrations of more than 30% DEET. Apply DEET to exposed skin (not eyes or mouth) and on clothes, but do not use on open cuts or wounds. Do not apply underneath clothes.
- Do not let children apply repellents to themselves. Apply the repellent to your hands and rub it on the child. Do not apply repellents to children's eyes, mouth, or hands and use cautiously around ears.
- Do not apply DEET on children younger than 1. Mosquito netting can be used over infant carriers. Do not use oil of lemon eucalyptus on children under the age of 3.
- When weather permits, wear protective clothing such as long sleeved shirts, long pants, and socks.
- Use air conditioning and keep windows closed or use window/door screens to keep mosquitoes outside. If needed, sleep under a mosquito bed net.



Zika Virus



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What is Zika virus?

Zika virus is a germ that is spread to people mainly through mosquito bites. Outbreaks of Zika have occurred in Africa, Southeast Asia, South America and the Pacific Islands. It is likely that outbreaks will spread to new countries. For the most up-to-date information of where Zika virus is found, visit: <http://www.cdc.gov/zika/geo/index.html>.

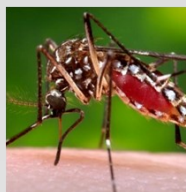
What are the symptoms of Zika?

About 1 in 5 people infected with Zika virus may develop symptoms. The most common symptoms are fever, rash, joint pain, and red eye. The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon.



How does Zika virus spread?

- Primarily through the bite of an infected *Aedes* species mosquito.
- These are the same mosquitoes that spread dengue and chikungunya.
- They typically lay eggs in and near standing water in things like buckets, bowls, animal dishes, flower pots and vases.
- They are daytime biters although they can also bite at night.



Zika can also spread...

- Through sexual contact.
- An infected person can spread it to his/her sex partners.
- During pregnancy.
- An infected mother can pass the virus to her unborn child.
- There are currently no reports of infants getting Zika virus through breastfeeding.
- Through blood transfusion.
- However, to date, there are no confirmed transfusion-transmission cases of Zika virus in the US.



Who is at risk of being infected?

Anyone who is living in or traveling to an area where Zika virus is found can be infected with the virus. For most people, Zika virus does not cause serious illness. However, Zika virus has been linked to birth defects. Babies with microcephaly (small head and brain size) and other birth defects have been born to mothers who had the virus while pregnant. Therefore pregnant women should:

- Postpone travel to areas with local Zika virus activity.
- Talk to their healthcare provider AND avoid mosquito bites if they do travel to areas with local transmission of Zika virus.
- Avoid having unprotected sex with female or male partners who have travel to areas with local Zika virus activity.

Women trying to become pregnant should talk to their healthcare provider before traveling to these areas and should avoid mosquito bites during the trip.