



What You Need to Know About Zika Virus

TRANSMISSION

- Zika is spread primarily through infected *Aedes species* mosquito bites
- You can also become infected with Zika through sexual intercourse
- Zika virus can spread from a pregnant woman to her fetus

ZIKA AND PREGNANCY

- Zika virus is linked to birth defects
- A serious birth defect called microcephaly is a sign of incomplete brain development
- Pregnant women **should not** travel to areas with Zika



TRAVEL

- Areas with active Zika Virus include:
 - Puerto Rico
 - US Virgin Islands
 - Mexico
 - South America
 - Oceania/Pacific Islands
 - Africa
- Visit the www.CDC.gov website for the latest travel notices and specific areas affected by Zika



PREVENTION

- Use EPA - registered insect repellent
- Wear long sleeve shirts and long pants
- Keep windows shut, use door screens and stay in places with air conditioning
- Remove standing water from your home and empty items such as flower pots and vases
- Protect yourself during sexual intercourse if you suspect an infection



SYMPTOMS

- Many people who become infected with Zika virus **DO NOT** develop symptoms
- Infected individuals **MAY** develop mild symptoms such as **fever, rash, joint pain, red eyes, muscle pain, and headache**
- Mild symptoms can last from several days to a week
- Many people may not realize they are infected

WHEN TO SEE YOUR DOCTOR

- See your doctor if you have the symptoms listed above **AND** you live or have recently traveled to an area with Zika
- Your provider may order a blood test to test for Zika virus

There is no medication OR vaccine to treat Zika virus. Make sure to take proper precautions.