

August 2016 Newsletter



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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

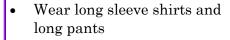
- Areas with active Zika Virus include:
 - Puerto Rico
 - US Virgin Islands
 - Mexico
 - South America
 - Oceania/Pacific Islands
 - Africa



• Visit the www.CDC.gov website for the latest travel notices and specific areas affected by Zika

PREVENTION

• Use EPA - registered insect repellent





- 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.

Centers for Disease Control (2016, July) Zika Virus.