ZIKA

Zika is a virus that is spread to people through mosquito bites. Although once rare, in 2015 it started spreading in the Americas.

Symptoms
- Symptoms probably appear a few days to a week after being exposed.
  - Fever
  - Rash
  - Joint pain
  - Conjunctivitis (red eyes)
  - Muscle pain
  - Headache
- The illness is usually mild and lasts several days to a week. Some people have no symptoms. Severe illness and death from Zika virus is uncommon.

Transmission
- Zika virus is passed from one person to another when a mosquito bites an infected person. Then it picks up the virus and can pass it on by biting more people.
- Infected men can also pass the virus to their sexual partners, but it is unclear at this time if infected women can pass it to their sexual partners.
- Researchers are still studying how Zika virus infection while pregnant may be passed to the baby during pregnancy and delivery, or if it is related to a serious birth defect called microcephaly.
- It may be possible to spread through blood transfusions, but that is still being researched.

Treatment
- No vaccine or medications are available to prevent or treat Zika infections, but you can treat the symptoms:
  - Get plenty of rest and drink plenty of fluids.
  - Acetaminophen may help fever and pain, but DO NOT take aspirin, ibuprofen, naproxen, and related medicines. These medicines increase the risk of bleeding in cases of dengue, a similar mosquito-borne infection.
  - Stay indoors to keep mosquitoes from biting you while you are sick, so it won’t be spread to other people.

Prevention
- No vaccine exists to prevent Zika virus disease (Zika), so the best prevention is to avoid mosquito bites.
- Use insect repellents containing DEET, picaridin, IR3535. Some oil of lemon eucalyptus (not to be used for children under 3 years old) and para-methane-diol products provide long lasting protection.
- When weather permits, wear long sleeves, long pants, and socks. Use air conditioning or window/door screens to keep mosquitoes outside, or, sleep under a mosquito bed net.
- Reduce mosquito breeding areas by emptying containers that may collect standing water at least weekly, and repair any broken screens.
- The CDC is currently recommending that pregnant women and women trying to become pregnant consider postponing travel to the areas where Zika virus transmission is ongoing. Check the CDC website (http://www.cdc.gov/zika/geo/index.html) before traveling to see which countries are at risk.

All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.