



What is ZIKA?

Zika virus disease (Zika) is a viral disease spread to people through bites of infected Yellow fever and Asian tiger mosquitoes. Mosquitoes become infected by feeding on infected persons.

Where does Zika occur?

Outbreaks of Zika have occurred in Africa, Southeast Asia, the Pacific Islands, Central America, South America, the Caribbean and Mexico. For a map, see <http://www.cdc.gov/zika/geo/index.html>. Because the mosquitoes that spread the virus are found around the world, it is likely that outbreaks will spread to new countries. No local mosquito-borne Zika virus disease cases have been reported in US states, but there have been travel-associated cases.

Symptoms

- The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache. The incubation period (the time from exposure to symptoms) for Zika virus disease is not known, but is likely to be a few days to a week.
- The illness is usually mild with symptoms lasting for several days to a week.
- People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.

Diagnosis

- See your healthcare provider if you develop the symptoms described above and have visited an area where Zika is found.
- If you have recently traveled, tell your healthcare provider when and where you traveled.
- Your healthcare provider may order specialized blood tests to look for Zika.

Treatment

- There is no vaccine to prevent or specific medicine to treat Zika infections.
- Treat the symptoms:
 - ♦ Get plenty of rest.
 - ♦ Drink fluids to prevent dehydration.
 - ♦ Take medicine such as acetaminophen to relieve fever and pain.

- ♦ Do not take aspirin and other non-steroidal anti-inflammatory drugs.
- ♦ If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

Prevention of Mosquito Bites

- Use a mosquito repellent that contains 20% or more DEET
- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Stay and sleep in screened or air-conditioned rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors.

Special Information for Pregnant Women

Zika virus can be spread from a pregnant woman to her baby. There have been reports of a serious birth defect of the brain called *microcephaly* in babies of mothers who had Zika virus while pregnant. CDC recommends special precautions for pregnant women. Pregnant women in any trimester should consider postponing travel to any *area where Zika virus* is spreading. If you must travel to one of these areas, talk to your healthcare provider first and strictly follow *steps to prevent mosquito bites* during your trip.

References and Resources

Centers for Disease Control and Prevention, Zika general information: <http://www.cdc.gov/zika/index.html>.

Centers for Disease Control and Prevention, Areas with Zika: <http://www.cdc.gov/zika/geo/index.html>.

Centers for Disease Control and Prevention, Avoiding bug bites: <http://wwwnc.cdc.gov/travel/page/avoid-bug-bites>.

Centers for Disease Control and Prevention, Zika travel information: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>.

Centers for Disease Control and Prevention, Zika and pregnant women: <http://www.cdc.gov/zika/pregnancy/index.html>.

Virginia Department of Health: <http://www.vdh.virginia.gov/epidemiology/Zika/index.htm>.