

## HOW DO YOU GET ZIKA?

Zika can be passed from an infected mosquito to a person through a mosquito bite.

Zika can be passed from a pregnant woman to her unborn baby.

Zika can be passed through sexual activity from an infected person to a partner.

These are the most common ways to catch Zika.



## LEARN MORE

- National Indian Health Board (NIHB) Zika hub: [nihb.org](http://nihb.org)
- Centers for Disease Control and Prevention (CDC) Zika: [cdc.gov/zika/index.html](http://cdc.gov/zika/index.html)?
- World Health Organization (WHO) Zika history: [who.int/emergencies/zika-virus/history/en](http://who.int/emergencies/zika-virus/history/en)

## CONTACT US

National Indian Health Board



910 Pennsylvania Ave, SE  
Washington, DC 20003  
202-507-4070 • [www.nihb.org](http://www.nihb.org)



# ZIKA VIRUS



## ENSURING YOUR TRIBE IS PROTECTED

NATIONAL INDIAN HEALTH BOARD  
WITH SUPPORT FROM CENTERS  
FOR DISEASE CONTROL AND  
PREVENTION

## WHAT IS THE ZIKA VIRUS?

Zika is a virus carried by *Aedes aegypti* and *Aedes albopictus* mosquitoes.



Zika was first discovered in Uganda, East Africa in 1947. Now, Zika has spread to many countries around the world.

The mosquitoes that carry Zika can bite day and night.

Zika is a special concern for women who are pregnant or may become pregnant. However, the entire community needs to come together to prevent Zika and protect the next generation.

There is currently no cure or vaccine for Zika.

## WHAT HAPPENS IF YOU GET ZIKA?



Most people experience no symptoms or mild symptoms including fever, rash, joint and muscle pain, headache, and red eyes.

Zika can cause *very serious* birth defects, including microcephaly and brain damage.

Zika is also associated with a nervous system disease called Guillain-Barré Syndrome.

## HOW DO YOU PREVENT ZIKA?

- Use an insect repellent registered with the Environmental Protection Agency (EPA).
- Wear long sleeved shirts and pants when possible. Treat clothes with permethrin.
- Using condoms or refraining from sexual activity can reduce the risk of transmitting Zika. Talk to your doctor to understand your risk and get specific recommendations.
- Use mosquito netting over strollers, cribs, and beds when exposed to mosquitoes.
- Empty standing water around your home. Use water treatment tablets in water you cannot empty.