

What is

# Zika Virus?



Zika is a viral disease that is spread primarily through the bite of an infected Aedes species mosquito. This mosquito is an aggressive daytime biter and prefers to live both indoors and outdoors close to people. Zika virus can cause illness that lasts several days or up to a week. Zika virus infection during pregnancy can cause a serious birth defect called microcephaly, as well as other severe fetal brain defects. Currently, there is no cure, vaccine, or direct treatment for Zika virus.

## Symptoms

- Four out of five people infected with the virus do not experience any symptoms
- For people who do develop illness, the most common symptoms are:
  - ★ Fever
  - ★ Rash
  - ★ Joint Pain
  - ★ Conjunctivitis (red eyes)
- Once infected, he or she is likely to be protected from future infections

## Transmission

Anyone who lives in or travels to an area where Zika virus is found and has never been infected, can get the virus from a mosquito bite. The virus is also transmitted from:

- Mother to unborn child
- Having sex with a man that is infected by the virus (only sexually transmitted by men)
- Through a blood transfusion

# Zika Virus and Pregnant Women



A main health concern of Zika virus is the potential problems that can affect an unborn child. If a woman becomes infected with Zika virus prior to or during pregnancy, she can pass the virus to her unborn child. The virus can cause serious brain damage, such as underdeveloped brain and skull (microcephaly), defects of the eyes, hearing problems and impaired growth.

## How to Protect You and Your Family



Use Environmental Protection Agency (EPA) registered insect repellents as directed by manufacturer's guidelines and wear long sleeve shirts and pants

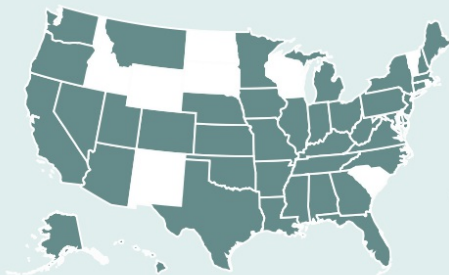
**SAFE  
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Use condoms to prevent the transmission of the virus



Stay indoors and use air conditioners, screen doors, and screen windows to keep mosquitoes out



## Be Alert

Currently, there are 41 out of 50 states that have laboratory confirmed Zika virus cases. Take caution when in areas that have confirmed cases of Zika virus.



## Eliminate Mosquito Breeding Sites



To prevent mosquitoes from breeding, empty containers that hold standing water such as flower pots, pet dishes, buckets, toys, bird baths and discarded tires.

For more information please contact your State Health Department or the Centers for Disease Control and Prevention (CDC) at <http://www.cdc.gov/zika/about/index.html>.

Released on  
April 26, 2016

