
Zika Virus

What You Need to Know



What is Zika virus (Zika)?

Zika is a disease caused by the Zika virus that is spread to people mainly from the bite of an infected *Aedes* species mosquito. About one in five people infected with Zika will get sick. The illness is usually mild with symptoms lasting for several days to one week. Most people will not realize they have been infected.

What are the symptoms of Zika virus?

The most common symptoms of Zika virus are fever, rash, joint pain, or conjunctivitis (red eyes). Symptoms typically begin two to seven days after being bitten by an infected mosquito.

How is Zika virus transmitted?

Zika is mainly transmitted through the bite of an infected *Aedes* mosquito. A mosquito becomes infected from biting a person already infected with the disease. Infected mosquitos can then spread Zika to other people through bites. Transmission may also occur from a pregnant mother to her baby during pregnancy or around the time of birth.

Spread of the virus through blood transfusion and sexual contact has been reported. Centers for Disease Control and Prevention (CDC) recommends that men who have traveled to an area of active Zika virus transmission and who have a pregnant partner not engage in sexual activity without taking appropriate precautions such as using condoms for the duration of the pregnancy. For more information about how Zika is transmitted, click here (<http://www.cdc.gov/zika/transmission/index.html>).

How can Zika virus be prevented?

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to avoid being bitten. The following can help protect you and your family from mosquito bites:

- Use Environmental Protection Agency (EPA)-registered insect repellent. All EPA-registered insect repellents are evaluated for safety and effectiveness.
 - Always follow the product label instructions.
 - Do not use insect repellent on babies younger than 2 months of age.
 - Do not apply insect repellent on a child's hands, eyes, mouth, cut or irritated skin.
 - Adults: spray insect repellent on your hands and then apply to a child's face.
- Wear protective clothing such as long-sleeved shirts and pants.
- Avoid outdoor activities during daylight for about two hours after sunrise and several hours before sunset. Protect yourself from mosquito bites at night in well-lit areas.
- Avoid areas where mosquitoes may be present, including indoor areas.
- Maintain window and door screens to keep mosquitoes out of buildings. Do not prop open doors.
- Get rid of mosquito breeding sites by removing standing water in and around your home:
 - Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, roof gutters, or trash containers.

How is Zika virus diagnosed?

If you have recently traveled to areas with local Zika transmission and you develop symptoms (fever, rash, joint pain, red eyes), consult a healthcare provider immediately. Currently, Zika testing is coordinated with the CDC and your healthcare provider.

What is the treatment for Zika virus?

There is no vaccine or specific medicine to treat Zika virus infections. Instead, you can treat the symptoms by:

- Getting plenty of rest.
- Drinking fluids to prevent dehydration.
- Taking medications such as acetaminophen to reduce fever and pain.
- Talking to your healthcare provider before taking additional medication if you are taking medicine for another medical condition.
- Do not take aspirin or other non-steroidal anti-inflammatory drugs without consulting a healthcare provider.

Who is at risk of Zika virus infection?

Anyone without prior exposure to the virus and who lives in or travels to an area where local transmission has been reported may become infected. For a complete list of countries and territories with Zika virus activity, click here (<http://www.cdc.gov/zika/geo/index.html>).

How does Zika virus infection affect pregnant women and unborn babies?

Information about the link between Zika and poor birth outcomes is evolving. Reports of a serious birth defect of the brain called microcephaly (a condition in which a baby's head is smaller than expected when compared to babies of the same sex and age) and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant have occurred. Until more information is known, CDC recommends the following special **travel precautions**:

- Women who are pregnant (in any trimester):
 - Consider postponing travel to any area where Zika virus transmission is ongoing.
 - If you must travel to one of these areas, talk to a health care provider first and strictly follow steps to avoid mosquito bites during your trip.
- Before traveling, women who are trying to become pregnant or thinking about becoming pregnant should talk to a healthcare provider about the risks of Zika virus infection.

For up-to-date information regarding CDC's Zika virus travel restrictions, click here (<http://wwwnc.cdc.gov/travel/page/zika-travel-information>), or contact Oakland County Health Division's Nurse on Call at 800-848-5533 or by email at noc@oakgov.com. For up-to-date information about pregnancy and Zika virus, click here (<http://www.cdc.gov/zika/pregnancy/index.html>).



NURSE ON CALL PUBLIC HEALTH INFORMATION HOTLINE
800.848.5533 NOC@OAKGOV.COM
OAKGOV.COM/HEALTH



@PUBLICHEALTHOC

The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.