

## ZIKA FACT SHEET

### What is Zika?

Zika is a mosquito-borne virus that affects all ages and is commonly found anywhere there are mosquitos. There is currently no vaccine or treatment for Zika.

### What are the symptoms?

- Fever
- Rash
- Joint pain
- Conjunctivitis (red eyes)
- Linked to birth defects such as microcephaly

**Most people do not show symptoms.**

### How can it be prevented?

- Wear long sleeves, pants, and hats, and use mosquito repellent to prevent mosquito bites.
- Plan for travel; check if Zika is active where you are traveling and plan accordingly.
- Protect yourself during sexual intercourse.
- Avoid **ANY** standing water and remove anything that could hold standing water from your property.

More Information: <http://www.cdc.gov/zika/>

### How can it be spread?

- Mosquito bites
- Mother to child
- Sexual intercourse
- Blood transfusion

### How is it treated?

- Treat the symptoms and get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine such as acetaminophen (Tylenol®) to reduce fever and pain.
- To reduce the risk of bleeding, do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDS) until dengue can be ruled out.
- If taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

