



Lenawee County  
**HEALTH**  
DEPARTMENT

WHAT YOU NEED TO KNOW

## ZIKA FACT SHEET

### What is Zika?

Zika is a mosquito borne virus that affects all ages. Commonly found anywhere there is 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

### How can it be spread?

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

**Most people do not show symptoms.**

### How it is 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.
- Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDS) until dengue can be ruled out to reduce the risk of bleeding.
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

### How can it be prevented?

- Wear long sleeves, pants, 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.