

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?

Many people do not show symptoms or will only have mild symptoms.

Symptoms may include:

- Fever
- Rash
- Headache
- Joint pain
- Red eyes
- Muscle pain

Zika infection during pregnancy can cause a birth defect of the brain called microcephaly. It is also linked to miscarriage, stillbirth, and other birth defects.

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. Pregnant women should NOT travel to areas with Zika outbreaks.
- Protect yourself during sexual intercourse by using condoms.
- Avoid **ANY** standing water and remove anything that could hold standing water from your property.

How is it spread?

- Mosquito bite
- Pregnant mother to fetus (infection during pregnancy can cause certain birth defects)
- Sexual intercourse
- Blood transfusion

How is it treated?

- There is no vaccine or specific medicine for Zika.
- 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.

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

This FACT SHEET is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a healthcare provider. For more information call your healthcare provider.

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