



# Zika Virus



## What is Zika Virus?

Zika virus (Zika) is spread to people through bites from infected mosquitos in regions of the world where Zika is found. Outbreaks have occurred in parts of Africa, Southeast Asia, the Pacific Islands and the Americas. In 2015 and 2016, large outbreaks of Zika virus occurred in the Americas, resulting in an increase in travel-associated cases in US states, widespread transmission in Puerto Rico and the US Virgin Islands, and limited local transmission in Florida and Texas. Since 2019, there have been no confirmed Zika virus disease cases reported from United States territories.

## What are the symptoms of Zika Virus?

Common symptoms of Zika are fever, rash, joint pain, or red eyes (conjunctivitis). Other symptoms include muscle pain, headache, pain behind the eyes, and vomiting. The illness is usually mild with symptoms lasting for several days to a week. Severe disease requiring hospitalization is uncommon.

## What is the treatment for Zika Virus?

Zika is preventable, but not treatable. There is no vaccine to prevent or medicine to treat Zika. Treatment is generally rest, controlling nausea and pain, and staying hydrated by drinking fluids.

## What can you do to prevent Zika virus infection?

- Prevent Zika by avoiding mosquito bites.
- Mosquitoes that spread Zika bite mostly during the day.
- Mosquitoes that spread Zika can also spread Dengue and Chikungunya viruses.

## Protect yourself from mosquito bites:

- Use insect repellents. Repellents containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-menthane-diol products provide long lasting protection.
- Use air conditioning or window/door screens to keep mosquitoes outside. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.

- Wear long-sleeved shirts and long pants or permethrin-treated clothing.
- If you use both sunscreen and insect repellent, apply the sunscreen first and then the repellent.
- Help reduce the number of mosquitoes inside and outside your home or hotel room by emptying, turning over, covering, or throw out items that hold water, such as tires, buckets, planters, toys, or trash containers.

## For pregnant women:

There have been reports of congenital microcephaly in babies of mothers who were infected with Zika virus while pregnant. The full spectrum outcomes that might be associated with Zika virus infections during pregnancy is unknown and requires further investigation. The Centers for Disease Control (CDC) recommends that all pregnant women consider postponing travel to areas where Zika transmission is ongoing. If you are pregnant or trying to become pregnant and are planning to travel to an affected region, you should talk with your doctor or other healthcare provider first and strictly follow steps to avoid mosquito bites. Mosquitoes that spread Zika bite both indoors and outdoors, mostly during the daytime; therefore, it is important to ensure protection from mosquitoes throughout the entire day. When used as directed on the product label, insect repellents containing DEET, picaridin, and IR3535 are safe for pregnant women.

## If you are sick with Zika Virus:

Prevent others from getting sick, protect yourself from mosquito bites during the first week of illness. During the first week of infection, Zika virus can be found in your blood. If a mosquito bites you, it can become infected and spread the virus to other people through bites.

Jackson County Health Department  
1715 Lansing Ave.  
Jackson, MI 49202 (517) 788-4420

[www.mijackson.org](http://www.mijackson.org)

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