



# WHAT IS ZIKA VIRUS?



**OVERVIEW:** Zika virus is currently spreading in many countries and causes a mild illness that lasts for up to a week. Approximately 80% of people infected with the virus do not become ill. Zika virus infection during pregnancy is a cause of microcephaly and other severe fetal brain defects and has been linked to problems in infants, including eye defects, hearing loss, and impaired growth. Scientists are studying the full range of other potential health problems that Zika virus infection may cause during pregnancy. There is a risk of Guillain-Barre syndrome.

## TRANSMISSION

- Through mosquito bites
- From pregnant mother to child
- Sexual transmission
- Blood transfusion (no confirmed blood transfusion transmission cases in the U.S. to date)

## SYMPTOMS

- Fever, rash, joint pain, headache, conjunctivitis (red eyes), and muscle pain.

## AFFECTED AREAS

- Cases have been reported in individuals who have recently traveled to Latin America, the Caribbean and the Pacific Islands.
- **Outbreaks are occurring in many countries; the CDC publishes up-to-date travel alerts on their website at [CDC.gov](http://CDC.gov).**
- Local transmission has been confirmed in Puerto Rico and Florida..

## DIAGNOSIS

Your physician may request a blood or urine test to confirm Zika infection. Please see health care provider for testing.

## Prevention

- No vaccine exists to prevent Zika virus disease.
- Remember the 3 Ds of Zika prevention:
  - > Drain standing water in your yard.
  - > Dress in long sleeved shirts and pants as weather permits.
  - > DEET applied on exposed skin can repel mosquitoes.
- Pregnant women should postpone travel to areas affected by Zika.
- Use condoms to prevent sexual transmission.



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DEPARTMENT

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