Zika Virus is Still a Threat

Transmission
- Through mosquito bites.
- From mother to child during pregnancy.
- Through blood transfusion.
- Through laboratory exposure.
- Through sex.

Risks
- Anyone who lives in or travels to an area where Zika virus is found and has not already been infected with Zika virus can get it from mosquito bites. Once a person has been infected, he or she is likely to be protected from future infections.

Symptoms
- Many people infected with Zika virus won’t have symptoms or will only have mild symptoms. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). Other symptoms may include muscle pain and headache.
- Zika is usually mild with symptoms lasting for several days to a week. People usually don’t get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected.

Treatment
- There is no specific medicine or vaccine for Zika virus: Treat the symptoms.
- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine 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.

Prevention
- Take steps to prevent mosquito bites. Use insect repellent, or avoid mosquito infested areas.
- Plan for travel. Check travel notices. Avoid or limit amount of time spent in areas with Zika outbreaks.
- Protect yourself during sex. Consider abstaining for at least 8 weeks after you have been exposed to Zika or visited an area where Zika outbreaks have occurred. Use a condom.

For more information about the Zika virus visit the CDC website at https://www.cdc.gov/zika/index.html