

## ***"For Safety's Sake - Do Something"***

# **Zika Virus is Still a Threat**

### **Transmission**

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

### **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.

### **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.

### **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.