

Zika Virus

What is Zika Virus?

Zika virus is spread to people mainly through the bite of an infected mosquito. Currently, outbreaks are occurring in many countries and territories. All travelers are urged to practice enhanced precautions while traveling.

What are the symptoms associated with Zika Virus?

Zika virus can cause fever, rash, conjunctivitis (red/pink eyes) and joint pain. Symptoms are generally mild and may last several days to a week.

Who is at risk?

Anyone who is living in or traveling to an area where Zika virus is found who has not already been infected with Zika virus is at risk for infection. However, the greatest cause for concern appears to be exposure by pregnant women due to the risk to the developing fetus. Therefore, mosquito protection would be important to those traveling to affected areas. Individuals who are pregnant or planning to become pregnant and have travel plans to these areas may want to view the Center for Disease Control link below and discuss the matter with their private physician.

What is the treatment?

No specific antiviral treatment is available for Zika virus disease. Treatment is generally supportive and can include rest and fluids.

What is the prevention?

No vaccine or prevention drug is available. The best way to prevent Zika virus infection is to:

- Avoid mosquito bites.
- Use air conditioning or window and door screens when indoors.
- Wear long sleeves and pants, and in consultation with your doctor, use insect repellents when outdoors.

Pregnant woman should not travel to areas with risk of Zika. If you or your partner are trying to get pregnant, consider avoiding nonessential travel to areas with a CDC Zika travel notice. Talk to your doctor or other healthcare provider about your travel plans.

For more information, please visit CDC's travel recommendations and FAQ, which can be viewed from the links below:

<https://wwwnc.cdc.gov/travel/page/zika-travel-information>

<http://www.cdc.gov/zika/pregnancy/travel-health-notice.html>

<http://www.cdc.gov/zika/disease-qa.html>