

ZIKA VIRUS: A General Guide



What is Zika virus?

Zika virus is a disease spread primarily through the bite of an infected mosquito.

What are the symptoms?

The most common symptoms are:

- Fever
- Rash
- Joint and muscle pain
- Conjunctivitis (red eyes)
- Headache

Symptoms can last several days to a week and are typically not severe enough to go to a hospital.

How can Zika virus effect pregnancy?

Zika virus can be spread from a pregnant woman to her fetus. It has been linked to a serious birth defect of the brain called microcephaly in babies of mothers who had Zika virus while pregnant. CDC recommends special precautions for pregnant women. Pregnant women should consider delaying travel to areas with Zika.

If you must travel, talk to your healthcare provider first and strictly follow steps to prevent mosquito bites during the trip.

What treatment is available?

There is no vaccine to prevent, or specific medicine to treat Zika infections. However, you can take the following steps to help treat symptoms:

- Get plenty of rest
- Drink fluids to prevent dehydration
- Take medicine such as acetaminophen (Tylenol) to relieve fever and pain
- Do not take aspirin and other non-steroidal anti-inflammatory drugs

You can also take steps to prevent mosquito bites including:

- Wear long-sleeved shirts and long pants
- Stay in places with air conditioning or that use window and door screens
- Use EPA registered insect repellent

For more information about the Zika virus, visit www.cdc.gov/zika or www.zika.gov or call 800-CDC-INFO



U.S. Department of Health
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