



Zika Virus Fact Sheet



Mosquito Facts

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

TYPE OF MOSQUITO	VIRUSES SPREAD	BITING HABITS
<i>Aedes aegypti</i> , <i>Aedes albopictus</i>	chikungunya, dengue, Zika	Dawn to dusk
<i>Culex</i> species	West Nile	Dusk to dawn

Protect yourself and your family from mosquito bites!

Zika in the U.S.

Zika cases have been reported in returning travelers and their sexual partners. Local transmission has been reported in Puerto Rico, the U.S. Virgin Islands and Florida.

Symptoms

- Common symptoms of Zika are fever, rash, joint pain or conjunctivitis, however most people infected with Zika are asymptomatic.
- Other symptoms may include muscle pain and headache.
- The illness is usually mild and lasts several days to a week.
- Severe disease requiring hospitalization is uncommon.

Treatment

- No vaccine or medication is available to treat Zika.
- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take acetaminophen to relieve fever and pain.
- Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and naproxen until dengue can be ruled out to reduce the risk of hemorrhage (bleeding).
- See your primary care provider if you experience symptoms and tell him or her where you've traveled.

Transmission

- The virus is transmitted to people by mosquitoes in the genus *Aedes* that are known to be present in Africa, Asia, the Pacific Islands, South America, Central America and the Caribbean. These mosquitoes are also found in the Southern U.S., including Southern California and the Southern Central Valley of California.
- Mosquitoes that carry Zika bite mostly during the daytime, however preventions should be used 24/7.
- Mosquitoes that can spread Zika also may spread dengue and chikungunya viruses.

Prevention

Zika virus prevention focuses on preventing mosquito bites. When traveling to areas where Zika or other viruses spread by mosquitoes are found, take the following precautions:

- Wear long-sleeved shirts and pants.
- Stay in places that have air conditioning and window screens to keep mosquitoes out.
- Sleep under a mosquito net.
- Use U.S. Environmental Protection Agency registered insect repellents and follow product label directions. Reapply as directed.
- Continue to use repellent for two weeks after returning from your travels.



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For the most current information about Zika virus, please visit [cdc.gov/zika](https://www.cdc.gov/zika)

CDC Zika Travel Information
[cdc.gov/travel/page/zika-travel-information](https://www.cdc.gov/travel/page/zika-travel-information)

For pregnant women

There are reports in Brazil of microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant.

Women who are pregnant (*in any trimester*), trying to become pregnant or thinking about becoming pregnant should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who do travel to one of these areas should consult a health care provider first and strictly follow steps to avoid mosquito bites.

Using an insect repellent is safe and effective. Pregnant women and breastfeeding women should choose an EPA-registered insect repellent and use it according to the label.

CDC recommends that *all* pregnant women who have traveled to a place with a Zika outbreak talk to a health care provider and get tested two to 12 weeks after they return, *even if they don't feel sick*.

There is currently no evidence that Zika virus infection poses a risk of birth defects in future pregnancies. Women who are contemplating pregnancy and who have recently recovered from Zika virus infection should consult a health care provider before becoming pregnant.

For couples

Couples that include a man or woman who has traveled to or resides in an area with active Zika virus transmission should take precautions to prevent the sexual transmission of Zika:

- Couples in which a woman is pregnant should use barrier methods against infection or abstain from sex for the duration of the pregnancy.
- Couples in which a man or woman has confirmed Zika virus infection or clinical illness consistent with Zika virus disease should use barrier methods against infection or abstain from sex for at least six months after onset of illness.
- Couples in which a man or woman traveled to an area with active Zika virus transmissions but who did not develop symptoms of Zika virus disease should use barrier methods against infection or abstain from sex for at least eight weeks after departure from the area.

