

# ZIKA

## Virus



WHAT YOU NEED TO KNOW

JULY 2016

## What is the Zika virus?

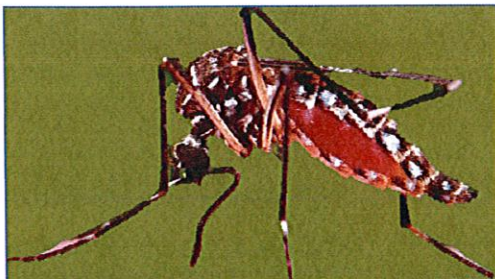
According to the Centers for Disease Control and Prevention, the Zika virus is transmitted through the bite of an infected *Aedes* species mosquito, or through sex with an infected man. Common symptoms include fever, rash, joint pain, or conjunctivitis, and may include muscle pain and headache. See your doctor if you are pregnant and experience any of these symptoms within 2 weeks after traveling to an area with Zika. The virus usually remains in the blood system for about a week, and once the person has been infected with the virus, he/she is likely to be protected from future infections.

## Treatment

- Get plenty of rest.
- Drink fluids to prevent dehydration
- Take medication such as Tylenol to reduce the fever/pain. (Do not take aspirin until dengue can be ruled out to reduce the risk of bleeding.)
- Talk to your doctor if you are currently taking medicine for another medical condition.

## Prevention

- Wear long-sleeved shirts and pants.
- Stay in air conditioned areas with window and door screens to keep mosquitos out.
- Take steps to control mosquitos inside and outside your home.
- Use a mosquito bed net when sleeping outdoors.
- Use insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, lemon eucalyptus oil, or para-menthane-diol. Using an EPA registered repellent ensures the product has been evaluated for effectiveness. Do not use insect repellent on children under 2 months of age.



FOR MORE INFORMATION ON THE ZIKA VIRUS, VISIT THE CENTER FOR DISEASE CONTROL AT <http://www.cdc.gov/zika/index.html>

If you have any questions, you can reach your local government office at (863)375-2255.