

Zika Virus Factsheet

May 13, 2016

Zika virus is spread to people through mosquito bites. The most common symptoms of Zika virus disease are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon.

In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil. The outbreak in Brazil led to reports of Guillain-Barré syndrome and pregnant women giving birth to babies with birth defects and poor pregnancy outcomes.

Centers for Disease Control and Prevention (CDC) has issued a [travel notice \(Level 2-Practice Enhanced Precautions\)](#) for people traveling to regions and certain countries where Zika virus transmission is ongoing.

Key facts

- Zika virus disease is caused by a virus transmitted by *Aedes* mosquitoes.
- Common symptoms are fever, rash, joint pain, conjunctivitis, muscle pain and headache.
- Symptoms normally last for 2-7 days.
- About 1 in 5 people infected with Zika virus become ill (i.e., develop Zika).
- There is no specific treatment or vaccine currently available.
- Zika virus usually remains in the blood of an infected person for about a week but it can be found longer in some people.
- The best form of prevention is protection against mosquito bites.
- The virus is known to circulate in Africa, the Americas, Asia and the Pacific.

Transmission:

- Mosquito bites
 - Mosquitoes that spread Zika virus bite mostly during the daytime.
 - Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.
- Through sexual contact
- Through blood transfusion
- A mother already infected with Zika virus near the time of delivery can pass on the virus to her newborn around the time of birth, but this is rare.

Prevention: No vaccine exists to prevent Zika virus disease.

- Avoid mosquito bites.
- Use EPA-registered insect repellents, follow product label instructions and reapply as directed.
- Wear light colored, long-sleeved shirts and long pants.
- Treat clothing and gear with permethrin or purchase permethrin-treated items. If treating items yourself, follow product instructions carefully. Do not use permethrin products directly on skin.
- Sleep under a mosquito net.
- Stay in locations with air conditioning or screens on windows and doors.

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Pregnant women:

Until more is known, CDC recommends special precautions for pregnant women and women trying to become pregnant:

- Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who do travel to one of these areas should talk to their doctor or other healthcare provider first and strictly follow [steps to avoid mosquito](#) bites during the trip.
- Women trying to become pregnant or who are thinking about becoming pregnant should consult with their healthcare provider before traveling to these areas and strictly follow steps to prevent mosquito bites during the trip.

CDC has issued a [travel notice \(Level 2-Practice Enhanced Precautions\)](#) for people traveling to regions and certain countries where Zika virus transmission is ongoing.

This notice follows reports in Brazil of [microcephaly](#) and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant. However, additional studies are needed to further characterize this relationship. More studies are planned to learn more about the risks of Zika virus infection during pregnancy.

Additional resources:

Permethrin Clothing Insect Repellent – is an Insect-killing repellent for your clothing is effective against ticks, chiggers, mites and mosquitoes; as effective as 100 percent DEET. It lasts up to 6 weeks (or 6 washings); will not stain or damage clothing, fabrics, plastics, finished surfaces, or outdoor gear. It is odorless after drying. Brand names are Sawyer and Repel 100 and can be purchased online or in a variety of stores.

Impregnated Mosquito Bed Net, Dome, Pop up Epa Approved Insect Shield Treatment - Amazon.com
http://www.amazon.com/Impregnated-Mosquito-Dome-Pop-Up-Treatment/dp/B0088LS4GA/ref=sr_1_2?ie=UTF8&qid=1463164060&sr=8-2&keywords=Pop+up+mosquito+nets

SansBug Free-Standing Pop-Up Mosquito-Net (Tarp Floor) – Amazon.com
http://www.amazon.com/SansBug-Free-Standing-Pop-Up-Mosquito-Net-Floor/dp/B003BWF9WI/ref=sr_1_1?ie=UTF8&qid=1463164060&sr=8-1&keywords=Pop+up+mosquito+nets

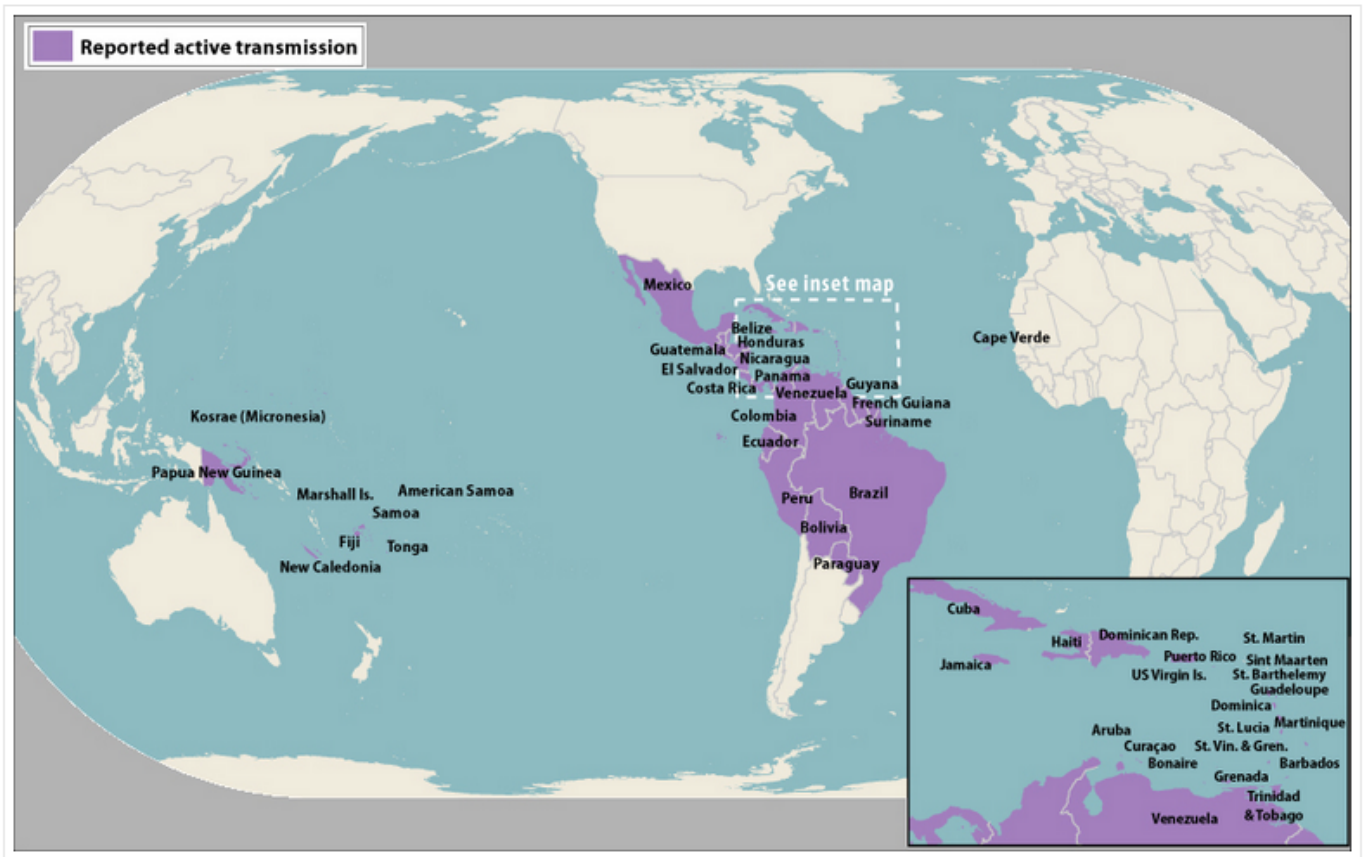
For further information regarding Zika Virus, please visit:

Centers for Disease Control and Prevention: <http://wwwnc.cdc.gov/travel/notices/alert/zika-virus-caribbean>

The World Health Organization: <http://www.who.int/mediacentre/factsheets/zika/en/>

Reported active transmission areas

As of May 12, 2016



Americas:

- Aruba
- Barbados
- Belize
- Bolivia
- Bonaire
- Brazil
- Colombia
- Commonwealth of Puerto Rico, US territory
- Costa Rica
- Cuba
- Curacao
- Dominica
- Dominican Republic
- Ecuador
- El Salvador
- French Guiana
- Grenada
- Guadeloupe
- Guatemala
- Guyana
- Haiti
- Honduras
- Jamaica
- Martinique
- Mexico
- Nicaragua
- Panama
- Paraguay
- Peru
- Saint Barthélemy
- Saint Lucia
- Saint Martin
- Saint Vincent and the Grenadines
- Sint Maarten
- Suriname
- Trinidad and Tobago
- U.S. Virgin Islands
- Venezuela

Oceania/Pacific Islands

- American Samoa
- Fiji
- Kosrae, Federated States of Micronesia
- Marshall Islands
- New Caledonia
- Papua New Guinea
- Samoa
- Tonga

Africa

- Cape Verde