Zika Virus:
What you need to know

Zika is:

- A virus spread through *Aedes* species mosquito bites. *Aedes* mosquitoes also spread dengue and chikungunya viruses.
- A risk to anyone traveling to a region of the world where Zika virus is found.

Global risk

Outbreaks have occurred in parts of Africa, Southeast Asia, and the Pacific Islands. In May 2015, Brazil reported the first outbreak of Zika virus in the Americas.

Zika virus is not currently found in the United States. However, cases of Zika have been previously reported in returning travelers.

For information on where Zika virus is found, see: http://www.cdc.gov/zika/geo/index.html.

Traveling? For country-specific travel information and recommendations, visit www.cdc.gov/travel.

Signs and symptoms of Zika virus disease (Zika)

- Symptoms usually begin 3—7 days after being bitten by an infected mosquito.
- Common symptoms include fever, rash, joint pain, or red eyes. Other symptoms include muscle pain, headache, pain behind the eyes, and vomiting.
- The illness is usually mild with symptoms lasting for several days to a week.
- Severe disease is uncommon. Deaths have not been reported.

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Sick? Could it be Zika?

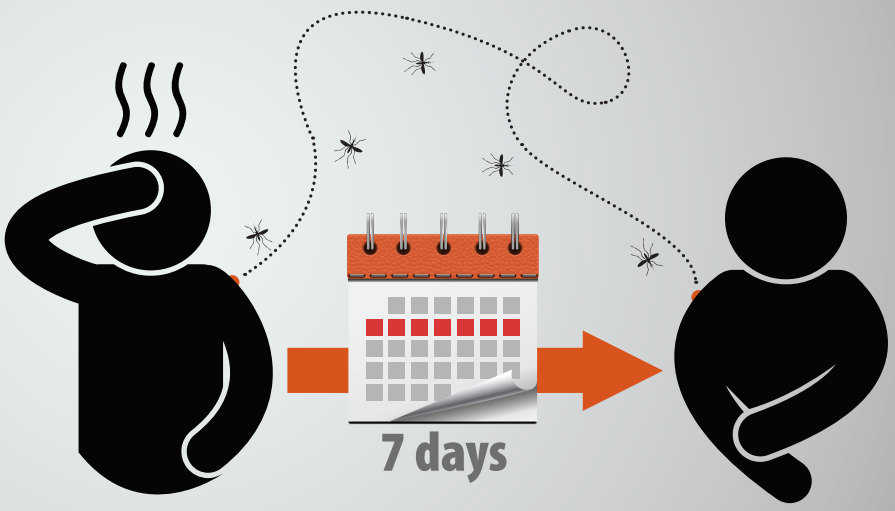
- See your healthcare provider.
- Your healthcare provider may order tests to look for Zika or similar diseases, like dengue or chikungunya.

Zika is preventable, but not treatable

- No vaccine to prevent or medicine to treat infection is available.
- Mosquitoes that spread Zika bite aggressively during the day. Avoid infection by preventing mosquito bites.
  - » Use insect repellents. Repellents containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-menthane-diol products provide long-lasting protection.
  - » Use air conditioning or window/door screens.
  - » Wear long-sleeved shirts and long pants or permethrin-treated clothing.
  - » Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, or trash containers. Check inside and outside your home.

If you are sick with Zika:

- During the first week of infection, Zika virus can be found in your blood. If a mosquito bites you, it can become infected and spread the virus to other people through bites.
- To help prevent others from getting sick, protect yourself from mosquito bites during the first week of illness.



www.cdc.gov/Zika