VDH VIRGINIA DEPARTMENT OF HEALTH

Health Alert: Zika

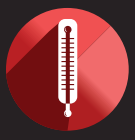
Zika virus disease (Zika) is a mosquito-borne illness spreading in Latin America and the Caribbean. Reports show that Zika virus may affect brain development in unborn children. Studies are being done to learn more about the risks of Zika in pregnancy. Until more is known, pregnant women should consider postponing travel to Zika-affected areas.*

How do you catch Zika virus?

Zika virus is caught by a mosquito bite from a mosquito carrying the virus. If you must travel to Zika-affected areas, take precautions to minimize exposure. This includes using insect repellents, wearing long sleeves, long pants, socks, and sleeping in rooms with screened windows or air conditioning.

What are the symptoms?

Most people experience no symptoms or only mild symptoms. If symptoms occur they might include:


Fever

Rash

Joint Pain

Conjunctivitis (Red eyes)

Who should be tested?

If you are pregnant AND traveled to a Zika-affected area during pregnancy, talk to your healthcare provider about getting tested for Zika.

Recommendations for pregnant women are being updated as information is learned. Talk to your healthcare provider if you have questions.

*Visit http://www.cdc.gov/zika/geo/index.html for an up-to-date list of Zika-affected areas.

Data sourced from http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm

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