



# Zika Virus Information

## What is the Zika Virus and what are symptoms of an infection?

The Zika virus is typically transmitted through the bite of an infected mosquito. People can also get Zika through intimate contact with a person infected with Zika and it can be spread from a pregnant woman to her unborn infant. Symptoms are usually mild including quick onset of low grade fever, joint pain, rash, conjunctivitis, body aches, headache, eye pain and vomiting. People usually develop symptoms between 2–14 days after they are infected.

## What can I do to protect myself?

The best way to protect yourself, and the ones you love, is to prevent mosquito bites. Cover up if you are going to be outdoors. Wear long pants and long sleeves. It is safe for pregnant or nursing women to use EPA (Environmental Protection Agency) approved repellants if applied according to package labels. Apply repellent to exposed skin and clothing. It is also important to drain standing water around your home one to two times per week to prevent mosquito breeding. Examples of standing water can include water found in garbage cans, toys, birdbaths and flowerpots. Make sure to keep mosquitos out of your home as well and repair damaged screens on windows, doors, porches and patios. People usually develop symptoms between 2–14 days after they are infected.

## What about traveling?

The CDC has issued an alert for people traveling to regions and certain countries where the Zika virus is prevalent. Pregnant women at any stage should consider postponing travel to these areas. If a male partner of a pregnant woman lives in or travels to an area with active Zika virus transmission, the couple should abstain from sexual contact or use condoms during intercourse for the duration of the pregnancy. Always talk to your healthcare provider before traveling and follow steps to avoid mosquito bites during the trip.

## Where can I get more information?

Pregnant women can contact their local county health department for Zika risk assessment and testing hours and information. A Zika risk assessment will be conducted by county health department staff and blood and/or urine samples may be collected and sent to labs for testing. It may take one to two weeks to receive results.

### Other Resources:

CDC - <http://www.cdc.gov>

CDC - Florida specific - <http://www.cdc.gov/zika/intheus/florida-update.html>

Daily updates on Zika - <http://www.floridahealth.gov/newsroom>

Zika Virus info - <http://www.floridahealth.gov/diseases-and-conditions/zika-virus>

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-882-8633 (TTY 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-882-8633 (TTY 711).

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