



**ZIKA** is a virus spread through mosquito bites of *Aedes*

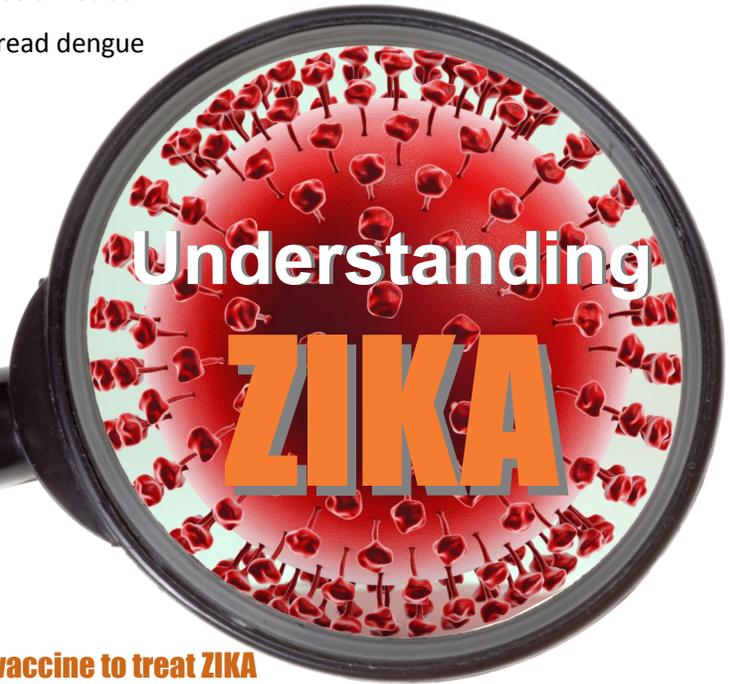
**species mosquitoes.** Aedes mosquitoes also spread dengue and chikungunya viruses.

**The SYMPTOMS of ZIKA are:**



- Fever
- Rash
- Joint Pain
- Pain behind the eyes
- Muscle Pain
- Red Eyes
- Headache
- Vomiting

**KNOW THE FACTS**



**Understanding**

**ZIKA**



**TREATMENT - There is no medicine or vaccine to treat ZIKA virus disease.**

- See your medical provider for follow-up
- Get plenty of rest and drink fluids to prevent dehydration
- Take medicines, such as acetaminophen, to relieve fever and pain
- Avoid Aspirin and other non-steroidal anti-inflammatory drugs until dengue can be ruled out to reduce the risk of bleeding

**RISK REDUCTION**

- Use mosquito or insect repellents and wear long-sleeved shirts and long pants
- Use air conditioning or window/door screens to keep mosquitoes outside
- Use mosquito bed nets if accessible during your travels



**TRANSMISSION - Zika virus is transmitted to people primarily through the bite of an infected Aedes species mosquito.**

- **Through mosquito bites**  
Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.
- **From mother to child**  
A mother already infected with Zika virus can pass the virus to her newborn during pregnancy or around the time of birth. If transmitted, the baby may develop brain abnormalities.
- **Through sexual contact**  
A man with Zika Virus symptoms can pass the virus to his sex partners before symptoms start and after symptoms resolve. The virus is present in semen longer than blood.

**TRANSMISSION**

- **Through infected blood**  
At this time there are no cases related to blood transfusions in the U.S, however there are reported cases in Brazil.
- **Pregnant Women**  
Men who reside in or have traveled to an area of active Zika virus transmission who have a pregnant partner should abstain from sexual activity or consistently and correctly use condoms during sex (ie. vaginal intercourse, anal intercourse or fellatio) for the duration of the pregnancy.
- **Non-Pregnant Partners**  
Men who reside in or have traveled to an area of active Zika virus transmission who are concerned about sexual transmission of Zika



Visit [Maryland Department of Health and Mental Hygiene](#) website for more information.



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## PREGNANT WOMEN

- CDC recommends that all pregnant women who have traveled to or reside in areas with known Zika transmission be offered Zika virus testing.
- Postpone travel to the areas where Zika virus transmission is ongoing.
- Use EPA-registered insect repellent and follow instructions provided.
- Talk to healthcare provider first and strictly follow steps to avoid mosquito bites during the trip.

## Countries and territories with active ZIKA VIRUS transmission:



- |  |                 |                                    |
|--|-----------------|------------------------------------|
| • Aruba  | • Ecuador       | • Paraguay                         |
| • Barbados                                     | • El Salvador   | • Saint Lucia                      |
| • Bolivia                                      | • French Guiana | • Saint Martin                     |
| • Bonaire                                      | • Guadeloupe    | • Saint Maarten                    |
| • Brazil                                       | • Guatemala     | • Saint Vincent and the Grenadines |
| • Colombia                                     | • Guyana        | • Suriname                         |
| • Commonwealth of Puerto Rico,<br>US territory | • Haiti         | • Trinidad and Tobago              |
| • Costa Rica                                   | • Honduras      | • U.S. Virgin Islands              |
| • Cuba   | • Jamaica       | • Venezuela                        |
| • Curacao                                      | • Martinique    | • American Samoa                   |
| • Dominica                                     | • Mexico        | • Samoa                            |
| • Dominican Republic                           | • Nicaragua     | • Tonga                            |
|  | • Panama        | • Cape Verde                       |

Ongoing **Zika Virus transmission** has been in many countries and territories, mostly in **Central America, South America and the Caribbean**. (list of affected countries at <http://www.cdc.gov/zika/geo/index.html>)

## RESOURCES



**For current information visit the following websites:**

### Centers for Disease Control and Prevention (CDC)

- Zika Virus - <http://www.cdc.gov/zika/index.html>
- Zika Affected **Countries** - <http://www.cdc.gov/zika/geo/index.html>
- Zika **Birth Defects** Facts - <http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html>
- Zika **Travel** Notices - <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

### Maryland Department of Health and Mental Hygiene (DHMH)

- Zika Virus - <http://phpa.dhmh.maryland.gov/Pages/zika.aspx>



Visit [Maryland Department of Health and Mental Hygiene](http://www.dhmh.maryland.gov) website for more information.



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