

Zika Virus Disease

1. What is Zika virus disease?

Zika is a disease caused by a virus (germ) that spreads to people mostly by mosquito bites. Mexico, Central America, the Caribbean, most of South America and parts of Asia currently have mosquitoes that are spreading Zika.

2. How does this disease spread?

Zika mostly spreads by a mosquito that can live indoors and can bite anytime, including day or night. If you go to an area where Zika is found, including South Florida, avoid mosquito bites both while traveling and when you return to Los Angeles (LA) County. This special mosquito can be found in LA County, but it currently doesn't spread Zika. For the most current travel information, visit <http://wwwnc.cdc.gov/travel> Zika sometimes also can spread through sexual contact. Zika doesn't spread from person to person through casual contact, like shaking hands.

3. What are the symptoms?

Symptoms of Zika are fever, joint pain, rash, red eyes and muscle pain beginning 3–7 days after being infected. Illness is usually mild with symptoms lasting up to a week. Most people who are infected have no symptoms at all. People are rarely hospitalized or die from this disease. See your doctor if you think you or someone from your family has this disease.

4. What is known about Zika during pregnancy?

If a pregnant woman becomes infected with Zika virus, her baby may be born with birth defects. Pregnant women should avoid traveling to areas with Zika, including South Florida, and should also avoid mosquito bites. If you are pregnant or planning on becoming pregnant, and you or your sexual partner traveled to an area with Zika, talk to your doctor even if there are no signs of illness.

5. How is this disease treated?

There are no medicines to treat this disease and no vaccines to prevent it. Medicines can help reduce fever and pain.

6. How can you prevent getting this disease?

Avoid mosquito bites when visiting places known to have Zika. Use Environmental Protection Agency (EPA) approved mosquito spray and wear long-sleeved shirts and long pants or clothing specially treated to avoid mosquito bites. When used correctly, barrier methods, like condoms, can prevent the sexual spread of Zika.



Key Points:

- Zika spreads to people mostly by mosquito bites. Mexico, Central America, the Caribbean, most of South America and parts of Asia currently have mosquitoes that are spreading Zika.
- Avoid mosquito bites if visiting areas known to have this disease.
- Mosquitoes in LA County currently don't spread this disease.
- Pregnant women infected with Zika may be at risk of having a baby with birth defects.
- There is no medicine or vaccine to treat or prevent this disease

For more information:

Los Angeles County,
Department of Public Health
[www.publichealth.lacounty.gov/acd/
vectorZika.htm](http://www.publichealth.lacounty.gov/acd/vectorZika.htm)

Centers for Disease Control and
Prevention (CDC)
<http://www.cdc.gov/zika>

Pan American Health Organization
(PAHO)
[http://www.paho.org/hq/index.php?opti
on=com_topics&view=article&id=427
&Itemid=41484&lang=en](http://www.paho.org/hq/index.php?option=com_topics&view=article&id=427&Itemid=41484&lang=en)