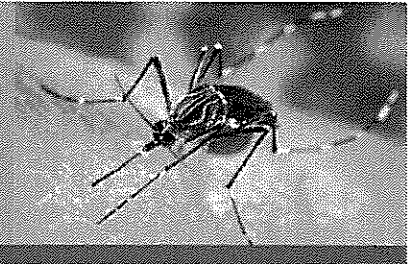


Zika Virus Fact Sheet



What is Zika virus?

Zika virus is spread by an infected day time biting mosquito of the Aedes family. These mosquitoes are found in Southern and some Southeastern states of the US, Mexico, Central and South America, and in the Caribbean. Currently, there is no local spread of Zika virus by mosquitoes in the continental United States, but cases have been reported in returning travelers from outbreak countries. Zika virus can also be spread by sex, mother to baby, and blood transfusion. Onondaga County does not have Aedes mosquitoes, so at present there is no risk for mosquito transmission of Zika locally.

What are the symptoms of Zika virus infection?

In most cases, Zika virus is a mild illness and most people may not realize they have been infected. Only about 20% of infected people show symptoms. Common symptoms are fever, joint pain, rash, red eyes, and muscle pain. Symptoms usually appear within 2 to 7 days after being bitten. Chikungunya and Dengue virus infections, which are also transmitted by the same mosquitoes, may cause the same symptoms.

There are no specific medical treatment, and there is no vaccine.

Who should be tested for Zika virus infection?

- **All pregnant women** who have traveled to an area where there is active ongoing Zika virus transmission should consult their medical provider for testing **even if they have no symptoms.**
- **Anyone who has symptoms** such as fever, joint pain, rash, red eyes, and muscle pain **within 14 days of travel to an affected area** should consult their medical provider for testing.

Your health care provider will work with your local Health Department for any further investigation.

What conditions may be linked to Zika virus infection?

There have been reports of negative fetal outcomes including fetal loss and babies born with a small head (microcephaly), and Guillain-Barre Syndrome (a paralysis illness that can be severe) in areas where Zika virus infection are ongoing.

What should you do if you are pregnant or trying to be pregnant?

The CDC **strongly recommends** that women of child bearing age and pregnant women **postpone travel** to areas where there is active ongoing Zika virus transmission until further notice. Those who do travel to those areas should talk to their doctor first and **strictly follow steps to prevent mosquito bites during the trip.** If you become sick within 14 days of travel, seek care immediately and inform your provider of your recent travel history.

How can you protect yourself from getting Zika virus?

If you are traveling to areas with active ongoing Zika virus transmission:

- Protect yourself against mosquito bites, both indoors and outdoors.
- Stay in dwellings with good screened windows and doors.
- Use insect repellent safely. Follow the instructions on the product label.
- Wear protective clothing such as long pants, long sleeved shirts, and socks to cover exposed skin.

If you develop symptoms of Zika virus (fever, joint pain, rash, red eyes, and muscle pain) and have recently traveled, call your healthcare provider immediately.

*For more information visit:
www.cdc.gov/zika*

Onondaga County Health Department



www.ongov.net/health • facebook.com/ongovhealth

Adapted from: Centers for Disease Control and Prevention and Pan American Health Organization

Mosquito Bite Prevention for Travelers

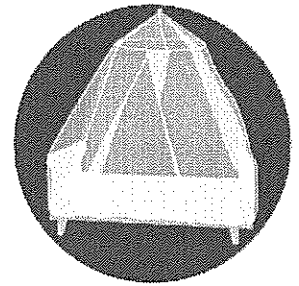


Mosquitoes spread many types of viruses and parasites that can cause diseases like chikungunya, dengue, Zika, and malaria. If you are traveling to an area where malaria is found, talk to your healthcare provider about malaria prevention medication that may be available.

Protect yourself and your family from mosquito bites. Here's how:

Keep mosquitoes out of your hotel room or lodging

- ◆ Choose a hotel or lodging with air conditioning or screens on windows and doors.
- ◆ Sleep under a mosquito bed net if you are outside or in a room that is not well screened. Mosquitoes can live indoors and will bite at any time, day or night.
 - » Buy a bed net at your local outdoor store or online before traveling overseas.
 - » Choose a WHOPEs-approved bed net (like Pramax[®]): compact, white, rectangular, with 156 holes per square inch, and long enough to tuck under the mattress.
 - » Permethrin-treated bed nets provide more protection than untreated nets.
 - Permethrin is an insecticide that kills mosquitoes and other insects.
 - Do not wash bed nets or expose them to sunlight. This will break down the insecticide more quickly.
 - » For more information on bed nets: www.cdc.gov/malaria/malaria_worldwide/reduction/itn.html



Cover up!

- ◆ Wear long-sleeved shirts and long pants.
- ◆ Mosquitoes may bite through thin clothing. Treat clothes with permethrin or another Environmental Protection Agency (EPA)-registered insecticide for extra protection.



Use only an EPA-registered insect repellent

- ◆ When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.
- ◆ Consider bringing insect repellent with you.
- ◆ Always follow the product label instructions.
- ◆ Reapply insect repellent as directed.
 - » Do not spray repellent on the skin under clothing.
 - » If you are also using sunscreen, apply sunscreen first and insect repellent second.
- ◆ The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.
- ◆ To protect yourself against diseases like chikungunya, dengue, and Zika, CDC and EPA recommend using an EPA-registered insect repellent.
- ◆ For more information: www2.epa.gov/insect-repellents



Use an insect repellent with one of the following active ingredients:

Active ingredient

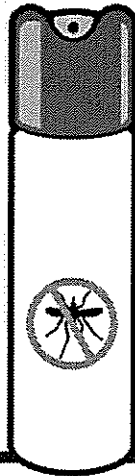
Higher percentages of active ingredient provide longer protection

DEET

Picaridin, also known as **KBR 3023**, **Bayrepel**, and **icaridin**

Oil of lemon eucalyptus (OLE)
or **para-menthane-diol (PMD)**

IR3535



Some brand name examples*

(Insect repellents may be sold under different brand names overseas.)

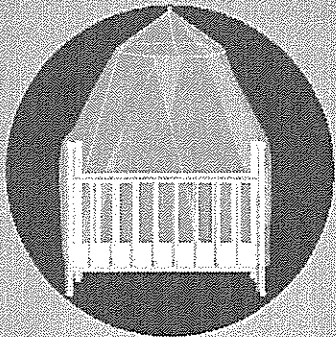
Off!, Cutter, Sawyer, Ultrathon

Skin So Soft Bug Guard Plus, Autan (outside the United States)

Repel

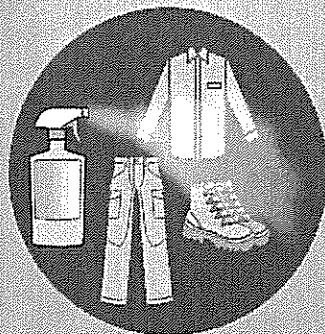
Skin So Soft Bug Guard Plus Expedition, SkinSmart

If you are travelling with a baby or child:



- ♦ Always follow instructions when applying insect repellent to children.
- ♦ Do not use insect repellent on babies younger than 2 months of age.
- ♦ Instead, dress infants or small children in clothing that covers arms and legs, or cover the crib, stroller, and baby carrier with mosquito netting.
 - » Adults: Spray insect repellent onto your hands and then apply to a child's face. Do not apply insect repellent to a child's hands, mouth, cut or irritated skin.
- ♦ Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years of age.

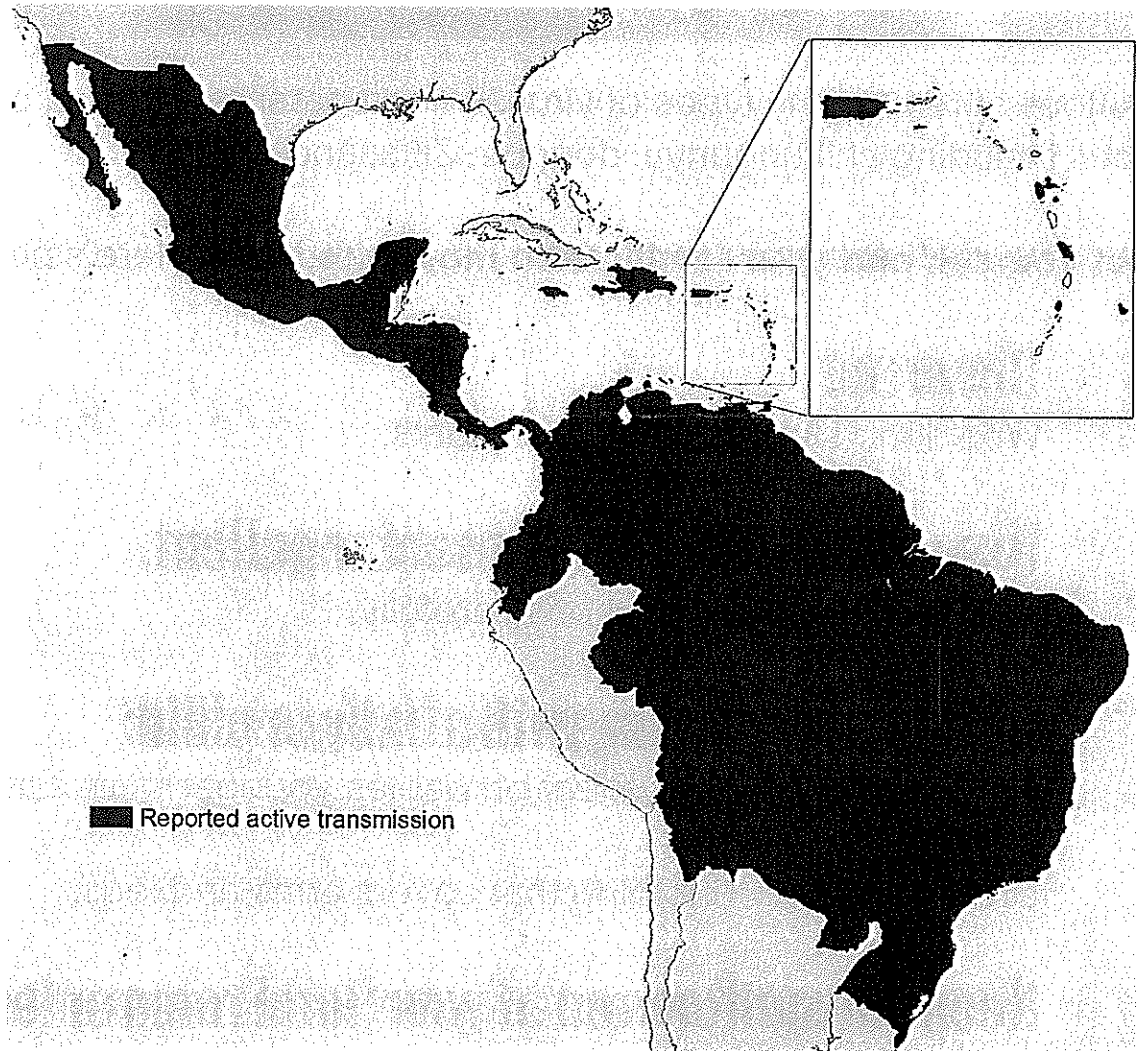
Treat clothing and gear



- ♦ Use permethrin to treat clothing and gear (such as boots, pants, socks, tents) or purchase permethrin-treated clothing and gear. Read product information to find out how long the protection will last.
- ♦ If treating items yourself, always follow the product instructions.
- ♦ Do **not** use permethrin products directly on skin.

* The use of commercial names is to provide information about products; it does not represent an endorsement of these products by the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.

All Countries and Territories with Active Zika Virus Transmission



Americas

Aruba
Barbados
Bolivia
Bonaire
Brazil
Colombia
Commonwealth of Puerto Rico, US territory
Costa Rica
Curacao
Dominican Republic

Ecuador
El Salvador
French Guiana
Guadeloupe
Guatemala
Guyana
Haiti
Honduras
Jamaica
Martinique
Mexico

Nicaragua
Panama
Paraguay
Saint Martin
Saint Vincent and the Grenadines
Sint Maarten
Suriname
Trinidad and Tobago
U.S. Virgin Islands
Venezuela

Oceania/Pacific Islands

American Samoa
Marshall Islands
Samoa
Tonga

Africa

Cape Verde

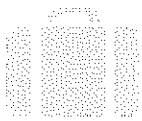


Mosquito Bite Prevention for Travelers



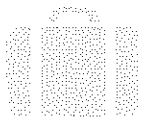
Mosquitoes spread many types of viruses and parasites that can cause diseases including chikungunya, dengue, Zika, and malaria.

Protect yourself and your family from mosquito bites. Here's how:



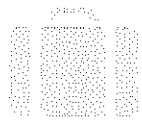
Cover up!

Wear long sleeved shirts and pants.



Use an EPA-registered insect repellent.

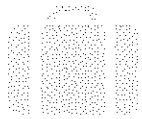
Follow the label instructions carefully.



If you are travelling with a baby or child:

Do not use insect repellent on babies younger than 2 months of age.

Dress children in clothing that covers arms and legs.



Keep mosquitoes out of your hotel room or lodging.

Look for air conditioning or screens on windows and doors.



Pregnant women should not travel to Zika areas.

If you *must* travel, take extra precautions.

Learn more:

Zika Virus https://www.health.ny.gov/diseases/zika_virus/
Mosquitoes and Disease http://www.health.ny.gov/diseases/west_nile_virus/
Zika Information Line 1-888-364-4723



**Department
of Health**