

# Help protect yourself and Dallas County from Zika virus from other areas.

## What is Zika virus?

Zika is a disease caused by Zika virus that is spread to people primarily through the bite of an infected Aedes species mosquito. The illness is usually mild with symptoms lasting for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.

## How is Zika virus transmitted?

While sexual transmission of Zika virus is possible, it is spread to people primarily through the bite of an infected Aedes species mosquito. They are aggressive daytime biters, prefer to bite people, and live indoors and outdoors near people. 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. A mother already infected with Zika virus near the time of delivery can pass on the virus to her newborn around the time of birth. It is possible that Zika virus could be passed from mother to fetus during pregnancy.

If you have symptoms of Zika virus, see a healthcare provider if you visited an area where Zika virus is present, or had sexual contact with a person who traveled to an area where Zika virus is present.

# Zika virus is found in regions such as Central and South America, and the Caribbean.

## What are the symptoms of Zika virus?

The most common symptoms of Zika virus are fever, rash, joint pain, and conjunctivitis (red eyes). Other common symptoms include muscle pain and headache. The illness is usually mild with symptoms lasting for several days to a week. Severe disease requiring hospitalization is uncommon. Deaths are rare.

## How is Zika virus treated?

There is no specific medication available to treat Zika virus and there is not a vaccine. Treat the symptoms:

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicines, such as acetaminophen or paracetamol, to relieve fever and pain. Aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen and naproxen, should be avoided until dengue can be ruled out to reduce the risk of hemorrhage. If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

If you are diagnosed with Zika virus, protect yourself from mosquito bites. Getting bit by a mosquito makes local spread possible because the mosquitoes that transmit Zika virus are found in Dallas County.

## Prevention

### DEET

DEET All Day, Every Day: Whenever you're outside, use insect repellents that contain DEET or other EPA approved repellents and follow instructions.

### Dress

Wear long, loose, and light-colored clothing outside.

### Drain

Drain or treat all standing water with EPA-approved larvicides in and around your home or workplace.

### Dusk & Dawn

Limit outdoor activities during dusk and dawn when mosquitoes are most active.

### Travel Precautions

Choose a hotel or lodging with air conditioning or screens on windows or doors. Sleep under a mosquito bed net if you are outside or in a room that is not well-screened.

### Pregnant women and women trying to get pregnant can protect themselves further by taking the following precautions:

Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who do travel should talk to their doctor or other healthcare provider first and strictly follow steps to avoid mosquito bites during the trip. Pregnant women should discuss their male partner's potential exposures to mosquitoes and history of Zika-like illness. Women trying to become pregnant or who are thinking about becoming pregnant should consult with their healthcare provider before traveling and strictly follow steps to prevent mosquito bites during the trip.

**Sexual partners can protect each other from Zika virus by abstaining from sex or using condoms consistently and correctly during sex.**



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