

# Zika Virus: What Should You Know?

## What is Zika Virus?

- Zika virus is spread to people through mosquito bites.

## Symptoms:

- The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes).
- Other common symptoms include muscle pain and headache.
- Usually mild with symptoms lasting for several days to a week.

## Who is at risk of being infected?

- Anyone who is living in or traveling to an area where Zika virus is found who has not already been infected with Zika virus
- Pregnant women.

## Zika and Birth Defects:

- Zika's strongly suspected of causing a severe birth defect called microcephaly, which causes underdevelopment of the head and brain. Babies with microcephaly often miscarry before they are born, or they die at birth or their mothers have evidence of the virus.
- 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, but this is rare.

- It is possible that Zika virus could be passed from mother to fetus during pregnancy. This mode of transmission is being investigated.
- To date, there are no reports of infants getting Zika virus through breastfeeding.

## Possibly through infected blood or sexual contact

- There has been one report of possible spread of the virus through blood transfusion and one report of possible spread of the virus through sexual contact.

## Treatment:

- No vaccine or medications are available to prevent or treat Zika infections.
- 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.

## Prevention:

Prevent Zika by avoiding mosquito bites

**For more information, please visit [cdc.com/zikavirus](https://www.cdc.gov/zikavirus)**