



Facts about...

# Zika Virus



**Licking County  
Health Department**  
675 Price Road  
Newark, Ohio 43055  
(740) 349-6535

For more information, please visit: [www.lickingcohealth.org](http://www.lickingcohealth.org)

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## What is Zika virus and where is it?

It is a disease transmitted primarily by mosquitoes. The mosquito that predominately transmits Zika virus is found in the tropics and southern U.S., but it has not been established in Ohio. The disease has historically occurred in Africa, Southeast Asia and islands in the Pacific Ocean. In May 2015, Zika virus was found for the first time in the Western Hemisphere in northeastern Brazil. The virus has since spread through much of the Caribbean, Central America and South America. There have been no reported cases of Zika virus disease transmission through mosquito bites in Ohio or anywhere else in the continental United States at this time. However, cases have been reported in travelers returning to the United States from Zika virus-affected countries.

## Who is at risk of being infected?

Anyone who lives in or travels to an area where Zika virus is found. There is no indication that Zika can spread person to person through *casual* contact. The CDC has confirmed the first U.S. case of Zika virus infection in a non-traveler after the person's sexual partner returned from an affected country. Zika may be linked to birth defects. The CDC recommends pregnant women (in any trimester) consider postponing travel to affected areas. Women trying to get pregnant and their male partners should talk to their healthcare providers before traveling to areas with Zika virus transmission. If you must travel to one of these areas, strictly follow steps to prevent mosquito bites during your trip. Go to the CDC website for the latest travel recommendations in Zika virus-affected areas: <http://www.cdc.gov/zika/>

## What are the symptoms?

About 1 in 5 people infected with Zika virus become ill. Symptoms include fever, rash, joint pain, red eyes, muscle pain and headache. Symptoms typically begin 2-7 days after being bitten by an infected mosquito. The illness is usually mild. Rare complications may include Guillain-Barré Syndrome (neurologic abnormalities) following a Zika virus infection. Severe disease requiring hospitalization is uncommon and deaths are rare. If you have traveled to one of the areas where Zika virus is found, and exhibit any of these symptoms, see your healthcare provider, and let them you recently traveled to one of these areas.

## How can I prevent becoming infected with Zika virus or spreading it to others?

No vaccine exists to prevent Zika virus at this time. Preventing mosquito bites is the best defense against Zika virus infections and other mosquito-borne viruses.

- Postpone travel
- Use an EPA registered insect repellent. Look for active ingredients such as DEET, Picaridin or IR3535
- Wear long-sleeved shirts and long pants
- When traveling to Zika virus affected areas, choose a hotel or lodging with air conditioning or window/door screens
- Men who reside or have traveled to an area with active Zika virus transmission should use condoms or abstain from sexual activity with a pregnant sex partner for the duration of the pregnancy.

**Information regarding Zika virus and the risk to humans may change as we are still learning about the virus. To stay up to date on the latest information go to the CDC website.**

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