



Zika Website Screenshots

 Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™


SEARCH

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Zika Virus

 Language: English ▾

ZIKA & PREGNANCY



Pregnant women

At-A-Glance

Pregnant Women with Any Lab Evidence of Zika Virus Infection*

- US States and DC: 346
- US Territories: 303

*Source: Pregnancy Registries as of July 7, 2016

[More on Pregnancies](#)

[More on Outcomes](#)

Zika Virus Disease Cases Reported to ArboNET*

- US States and DC: 1,306
- US Territories: 2,916

*Source: ArboNET as of July 13, 2016

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ABOUT ZIKA

Overview of Zika and top questions about Zika answered...

AREAS WITH ZIKA

Countries and territories with active Zika virus transmission...

Information for Specific Groups

- Pregnant Women
- Healthcare Providers
- Travelers
- Parents
- Mosquito Control Professionals
- State Public Health Laboratories
- State & Local Health Departments
- Women & Men Who are Thinking About Pregnancy
- Law & Policymakers
- Workers
- Blood and Tissue Collection Centers
- Schools

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SYMPTOMS, TESTING, & TREATMENT

Most common symptoms are fever, rash, joint pain, or red eyes...

FOR HEALTHCARE PROVIDERS

Clinical evaluation, disease, diagnostic testing, obstetricians, pediatricians...

PREVENTION

No vaccine exists...Prevent Zika by protecting against mosquito bites...

FOR PREGNANT WOMEN

Zika and pregnancy, travel information, microcephaly, avoiding mosquitos...

TRANSMISSION & RISKS

Transmitted to people primarily through the bite of an infected mosquito...

MOSQUITO CONTROL


Resources for surveillance and control of *Aedes aegypti* and *Aedes albopictus*...

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Protect Your Patients from Zika

 CDC has tools for healthcare providers to prepare you for talking with your patients about Zika.

[More >](#)

What's New


CDC assisting Utah investigation of Zika virus
TUESDAY, JULY 19, 2016
Clinical Evaluation & Management of Infants with Congenital Zika Infection
TUESDAY, JULY 19, 2016
[Disease: Deaths, Embryo for Tribal Healthcare](#)

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Clinical Evaluation & Management of Infants with Congenital Zika Infection
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Pregnancy Registry Factsheet for Tribal Healthcare Providers  [PDF - 2 pages]
THURSDAY, JULY 14, 2016

Guidance for District and School Administrators
THURSDAY, JULY 14, 2016

Country Classification Technical Guidance
WEDNESDAY, JULY 13, 2016

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Scientific Resources

- MMWR Zika Reports
- Resources & Publications



Communication Resources

- Video Resources
- Print Resources
- Infographics
- Communication Toolkits

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About Zika



Language: English ▾

What we know

- Zika is spread mostly by the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). These mosquitoes are aggressive daytime biters. They can also bite at night.
- Zika can be passed from a [pregnant woman](#) to her fetus. Infection during pregnancy can cause certain birth defects.
- Zika is not currently being spread by mosquitoes in the continental United States. The mosquitoes that can carry Zika are [found in some areas of the United States](#).
- There is no vaccine or medicine for Zika.



OVERVIEW
How Zika spreads, symptoms, risks, prevention and more...

WHAT YOU NEED TO KNOW
Top 5 things everyone needs to know about Zika.

QUESTIONS ABOUT ZIKA
Top 10 questions about Zika...

WHAT CDC IS DOING
CDC's response to Zika: tracking, training, teaching, testing...

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About Zika



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OVERVIEW

How Zika spreads, symptoms, risks, prevention and more...

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Top 5 things everyone needs to know about Zika.

QUESTIONS ABOUT ZIKA

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Overview



Language: English ▾

How Zika spreads

Zika can be transmitted through

- [Mosquito bites](#)
- From a [pregnant woman](#) to her fetus
- [Sex](#)
- [Blood transfusion](#) (very likely but not confirmed)

[Learn how Zika is transmitted >>](#)

Zika symptoms

Many people infected with Zika virus won't have symptoms or will only have mild symptoms. The most common symptoms of Zika are

- Fever
- Rash
- Joint pain



Zika Virus

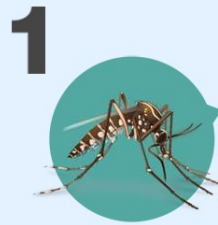
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What You Need to Know



Language: English



1 Zika primarily spreads through infected mosquitoes. You can also get Zika through sex.

Many areas in the United States have the type of mosquitoes that can spread Zika virus. These mosquitoes are aggressive daytime biters and can also bite at night. Also, a man infected with Zika can pass it to his partners through sex.



2 The best way to prevent Zika is to prevent mosquito bites.

- Use EPA-registered insect repellent . It works!
- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or window and door screens.
- Remove standing water around your home.

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Questions About Zika



Language: English

Q: What is Zika?

A: Zika virus disease is caused by the Zika virus, which is spread to people primarily through the bite of an infected mosquito (*Aedes aegypti* and *Aedes albopictus*). The illness is usually mild with symptoms lasting up to a week, and many people do not have symptoms or will have only mild symptoms. However, Zika virus infection during pregnancy can cause a serious birth defect called [microcephaly](#) and other severe brain defects.

Q: How do people get infected with Zika?

A: Zika is spread to people primarily through the bite of an infected *Aedes* species mosquito (*Aedes aegypti* and *Aedes albopictus*). A pregnant woman can pass Zika to her fetus during pregnancy or around the time of birth. Also, a man with Zika can pass it to sex partners. We encourage people who have traveled to or live in places with Zika to protect themselves by [preventing mosquito bites and sexual transmission of Zika](#).

Q: What health problems can result from getting Zika?

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- [What health problems can result from getting Zika?](#)
- [Should pregnant women travel to areas where Zika has been confirmed?](#)
- [If I am traveling outside the United States, should I be concerned about Zika?](#)
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What CDC is Doing



Language: English ▾

CDC in action: What CDC is doing to help



Tracking the spread of Zika virus and other mosquito-borne viruses in the United States and around the world.



Training disease detectives to find and report Zika cases.



Teaching healthcare providers how to identify Zika.



Testing samples for Zika and providing laboratories with diagnostic tests.



Studying links between Zika and birth defects and Guillain-Barré syndrome.



Educating the public about Zika virus.

<https://www.cdc.gov/> Publications

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Prevention



Language: English ▾

What we know

- No vaccine exists to prevent Zika.
- Prevent Zika by [avoiding mosquito bites](#).
- Mosquitoes that spread Zika virus bite mostly during the daytime.
- Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.
- A man with Zika virus [can pass it to his sex partners](#) during vaginal, anal or oral (mouth-to-penis) sex without a condom.

What you can do to protect yourself and others

PROTECT YOURSELF & OTHERS

Prevent mosquito bites, plan for travel, protect during sex and more.

PLAN FOR TRAVEL

Learn what to do before, during, and after your trip to protect yourself and others.

PREVENT MOSQUITO BITES

The best way to prevent Zika is to protect yourself from

PROTECT YOURSELF DURING SEX

Learn how to prevent sexual transmission of Zika, especially if

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Protect Yourself & Others



Language: English



Use the tips below to protect yourself & others from Zika

- Following these tips will help to protect you, your partner, your family, your friends, and your community from Zika. The more steps you take, the more protected you are.



Prevent mosquito bites

- Zika virus is spread to people mainly through the bite of an infected mosquito.
- Mosquitoes that spread Zika virus bite mostly during the day, but they can also bite at night.
- The best way to prevent Zika is to protect yourself from mosquito bites.

What you can do

- Take steps to [prevent mosquito bites](#).
- Take steps to control mosquitoes inside and outside your home.

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Build a Zika Prevention Kit



Language: English

Be prepared

If you live in a [state](#) or [area](#) with the mosquito that spreads the Zika virus and are concerned about Zika, build your own Zika Prevention Kit with the items below. Reducing the risk for Zika is particularly important for [pregnant women](#).

Your kit should include:



Bed net

- Keep mosquitoes out of your room, day and night. If your room is not well screened, use a bed net when sleeping or resting.
- Mosquitoes can live indoors and will bite at any time, day or night.



Standing water treatment tabs

- Use water treatment tabs to kill larvae in standing water around your house. Do not put them in water you drink.
- Always follow directions on the package.
- When used as directed, these tabs will not harm you or your pets (dogs and cats).



Insect repellent



Dermathrin spray

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Prevent Mosquito Bites



Language: English

Protect yourself and your family from mosquito bites



1. Use Insect Repellent

Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#) with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	
DEET	Offi, Cutter, Sawyer, Ultrathon
Picaridin , also known as KBR 3023 , Bayrepel , and icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart

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Controlling Mosquitoes at Home



Language: English

Control mosquitoes outside your home

Remove standing water where mosquitoes could lay eggs

- Once a week, empty and scrub, turn over, cover, or throw out any items that hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers, or trash containers. Mosquitoes lay eggs near water.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.
- Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.
- If you have a septic tank, repair cracks or gaps. Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.



Kill mosquitoes outside your home

- Use an outdoor insect spray made to kill mosquitoes in areas where they rest.
- Mosquitoes rest in dark, humid areas like under patio furniture, or under the carport or garage. When using insecticides, always follow label instructions.

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Plan for Travel



Language: English ▾

Before your trip



If you are pregnant or trying to get pregnant

- If you are pregnant, do not travel to areas with Zika.
- If you are trying to get pregnant, talk to your doctor or other healthcare provider about your travel plans.



Check latest travel notices

- [Zika travel notices](#)

During your trip



Protect yourself from mosquito bites

- Strictly follow steps to prevent



Keep mosquitoes outside

- Stay in places with air conditioning and with window/door screens.

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Protect Yourself During Sex



Language: English ▾

How Zika is spread through sex

- A man with Zika virus can pass it to his sex partners during vaginal, anal, or oral (mouth-to-penis) sex without a condom.
- You can get Zika from sex with a male partner before his symptoms start, while he has symptoms, and after his symptoms end.
- Men with Zika who never develop symptoms may also be able to pass the virus to their sex partners.
- We don't know how long Zika virus can stay in the semen of infected men or how long it can be passed to sex partners.
- We don't know if a woman with Zika can pass the virus to her sex partners during vaginal or oral (mouth-to-vagina) sex.



What to do if you or your partner is pregnant

- Zika infection during pregnancy can cause microcephaly and other severe fetal brain [defects](#).

If you live in or have traveled to an area with Zika, take the following precautions during pregnancy.

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Symptoms, Testing, & Treatment



Language: English ▾

What we know

- Many people infected with Zika virus won't have symptoms or will only have mild [symptoms](#).
- A blood or urine test can confirm Zika infection [diagnosis](#).
- There is [no specific medicine](#) for Zika.



SYMPTOMS

Many people infected with Zika virus won't have symptoms or will only have mild symptoms.

TESTING FOR ZIKA

A blood or urine test can confirm Zika infection. See your doctor or other healthcare provider.

TREATMENT

There is no specific medicine for Zika. Talk to your doctor or other healthcare provider.

<http://www.cdc.gov/zika/geo/index.html>

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Symptoms



Language: English ▾

Many people infected with Zika virus won't have symptoms or will only have mild symptoms. The most common symptoms of Zika are

- Fever
- Rash
- Joint pain
- Conjunctivitis (red eyes)

Other symptoms include:

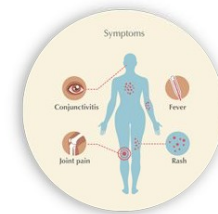
- Muscle pain
- Headache

How long symptoms last

Zika 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. For this reason, many people might not realize they have been infected. Symptoms of Zika are similar to other viruses spread through mosquito bites, like dengue and chikungunya.

How soon you should be tested

Zika virus usually remains in the blood of an infected person for about a week. See your doctor or other healthcare provider if you develop symptoms and



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Testing for Zika



Language: English

Diagnosis

- Diagnosis of Zika is based on a person's recent travel history, symptoms, and test results.
- A blood or urine test can confirm a Zika infection.
- Your doctor or other healthcare provider may order blood tests to look for Zika or other similar viruses like dengue or chikungunya.



Sexual Transmission and Testing

- CDC recommends Zika virus testing for people who may have been exposed to Zika through sex and who have Zika symptoms.
- A pregnant woman with possible exposure to Zika virus from sex should be tested if either she or her male partner develops symptoms of Zika.
- Testing blood, semen, or urine is not recommended to determine how likely a man is to pass Zika virus through sex. This is because there is still a lot we don't know about the virus and how to interpret test results. Available tests may not accurately identify the presence of Zika or a man's risk of passing it on.
- As we learn more and as tests improve, these tests may become more helpful for determining a man's risk of passing Zika through sex.

If you think you may have or had Zika

<http://www.cdc.gov/zika/symptoms/diagnosis.html>

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Treatment



Language: English

There is no specific medicine or vaccine for Zika virus.

- Treat the [symptoms](#).
- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine such as acetaminophen (Tylenol®) or paracetamol to reduce fever and pain.
- Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue can be ruled out to reduce the risk of bleeding.
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.



If you think you may have or had Zika

Tell your doctor or healthcare provider and [take these steps to protect others](#).

Related Resources

