

# Zika Virus Disease

## 1. What is Zika virus disease?

Zika is a disease caused by a virus (germ) that spreads to people mostly by mosquito bites. It causes illness mainly in people living in areas of Central and South America, the Caribbean, and Mexico. In January 2016, Zika was found for the first time in the United States in someone who traveled to Central America.

## 2. How does this disease spread?

Zika is spread by a mosquito that can live indoors and can bite anytime, including day or night. This mosquito can be found in LA County, but it does not spread Zika. Infected men can also spread Zika to their sexual partners. If you go to an area where Zika is found, avoid mosquito bites both while traveling and when you return to LA County. For the most current travel information, visit <http://wwwnc.cdc.gov/travel>

## 3. What are the symptoms?

Symptoms of Zika are fever, joint pain, rash, red eyes and muscle pain. These begin 3–7 days after being bitten by an infected mosquito. For most people, illness is usually mild with symptoms lasting up to a week. Some people who are infected have no symptoms at all. People are rarely hospitalized or die from this disease. See your doctor if you think you or someone from your family has this disease.

## 4. What is known about Zika during pregnancy?

If a pregnant woman becomes infected with Zika virus, her baby may be born with birth defects. The Centers for Disease Control and Prevention (CDC) recommends pregnant women avoid traveling to areas with Zika and avoid mosquito bites. If you are pregnant and traveled to an area with Zika, call your doctor and talk about your travel, even if you don't have signs of illness. If you are pregnant and your male partner traveled to an area with Zika, see your doctor and talk about his travel.

## 5. How is this disease treated?

There are no medicines to treat this disease and no vaccines to prevent it. Medicines can help reduce fever and pain.

## 6. How can you prevent getting this disease?

Avoid mosquito bites when visiting places known to have Zika. Use Environmental Protection Agency (EPA) approved bug spray and wear long-sleeved shirts and long pants or clothing specially treated to avoid mosquito bites. When used correctly, condoms can prevent men from spreading Zika to their sexual partners.



### Key Points:

- Zika spreads to people mostly by mosquito bites. It's found mainly in Central and South America, the Caribbean, and Mexico.
- Avoid mosquito bites if visiting areas known to have this disease.
- Mosquitoes in LA County currently do not spread this disease.
- Pregnant women infected with Zika may be at risk of having a baby with birth defects.
- There is no medicine or vaccine to treat or prevent this disease.

### For more information:

Los Angeles County,  
Department of Public Health  
[www.publichealth.lacounty.gov/acd/vectorZika.htm](http://www.publichealth.lacounty.gov/acd/vectorZika.htm)  
Centers for Disease Control and  
Prevention (CDC)  
<http://www.cdc.gov/zika>  
Pan American Health Organization  
(PAHO)  
[http://www.paho.org/hq/index.php?option=com\\_topics&view=article&id=427&Itemid=41484&lang=en](http://www.paho.org/hq/index.php?option=com_topics&view=article&id=427&Itemid=41484&lang=en)

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