

# What you need to know about ZIKA VIRUS

February 9 2016

## What Is Zika?

It is a disease transmitted by mosquitoes. The primary mosquito that transmits Zika virus is found in the tropics and southern U.S., but **it has not been established in Ohio**. There is no indication that it can spread person to person through casual contact.

However, 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 and developed symptoms.

The Ohio Department of Health reported Ohio's first case of Zika virus in a returning traveler from Haiti, a 30-year-old Cuyahoga County woman (02/09/16).

## Where Is Zika Found?

**There is no evidence of Zika in our local mosquito population at this time.** Zika virus cases have been reported in the U.S. by returning international travelers.

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 (see map).

## Who Is At Risk Of Being Infected?

Anyone who lives in or travels to an area where Zika virus is found and has not already been infected with Zika virus can get it from mosquito bites.

## Advisory For Pregnant Women And Travelers

**Zika may be linked to birth defects.**

**CDC recommends pregnant women and women trying to get pregnant consider postponing travel to affected areas.** Recommendations for men and women considering traveling to areas where Zika virus transmission is ongoing.

Go to the CDC website for the latest information: <http://www.cdc.gov/zika/>

## What Are The Symptoms?

Symptoms include fever, rash, joint pain, red eyes, muscle pain and headache.

Symptoms typically begin 2 to 7 days after being bitten by an infected mosquito.

About 1 in 5 people infected with Zika virus become ill (i.e., develop Zika). The illness is usually mild. Severe disease requiring hospitalization is uncommon.

If you have traveled to one of the areas where Zika is found and exhibit symptoms, see your healthcare provider. Tell them where you traveled.

## How Do You Prevent Zika?

There is no vaccine available for Zika virus.

**Those traveling to affected areas should take precautions** to avoid mosquitoes:

- These mosquitoes are aggressive daytime biters but also bite at night
- Use EPA registered insect repellent, such as DEET
- Choose a hotel or lodging with air conditioning or window/door screens
- Wear long-sleeved shirts and long pants



## Traveling?

Check the CDC's traveler's health website to see if the country you are planning to visit has any travel health notices: <http://wwwnc.cdc.gov/travel>



## For More Information:

**Centers for Disease Control**

<http://www.cdc.gov/zika/>

**Ohio Department of Health**

<http://www.odh.ohio.gov/odhprograms/bid/zdp/diseases/zika.aspx>



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