

# Zika Virus Fact Sheet



## What is Zika virus?

Zika virus is spread by an infected day time biting mosquito of the Aedes family. These mosquitoes are found in Southern and some Southeastern states of the US, Mexico, Central and South America, and in the Caribbean. At this time, a majority of US cases reported are from returning travelers from outbreak countries. Zika virus can also be spread by sex, mother to baby, and blood transfusion. Onondaga County does not have Aedes mosquitoes, so at present there is no risk for mosquito transmission of Zika locally.

## What are the symptoms of Zika virus infection?

In most cases, Zika virus is a mild illness and most people may not realize they have been infected. Only about 20% of infected people show symptoms. Common symptoms are fever, joint pain, rash, red eyes, and muscle pain. Symptoms usually appear within 2 to 7 days after being bitten. Chikungunya and Dengue virus infections, which are also transmitted by the same mosquitoes, may cause the same symptoms.

**There are no specific medical treatment, and there is no vaccine.**

## Who should be tested for Zika virus infection?

- **All pregnant women** who have traveled to an area where there is active ongoing Zika virus transmission should consult their medical provider for testing **even if they have no symptoms.**
- **Anyone who has symptoms** such as fever, joint pain, rash, red eyes, and muscle pain **within 4 weeks of travel to an affected area** should consult their medical provider for testing. Your health care provider will work with your local Health Department for any further investigation.

## What conditions may be linked to Zika virus infection?

There have been reports of negative fetal outcomes including fetal loss and babies born with a small head (microcephaly), and Guillain-Barre Syndrome (a paralysis illness that can be severe) in areas where Zika virus infection are ongoing.

## What should you do if you are pregnant or trying to be pregnant?

The CDC **strongly recommends** that women of child bearing age and pregnant women **avoid travel** to areas where there is active ongoing Zika virus transmission until further notice. Those who do travel to those areas should talk to their doctor first and **strictly follow steps to prevent mosquito bites and practice safe sex during the trip.** Upon return, seek testing immediately and inform your provider of your recent travel history.

## How can you protect yourself from getting Zika virus?

If you are traveling to areas with active ongoing Zika virus transmission:

- Protect yourself against mosquito bites, both indoors and outdoors.
- Stay in dwellings with good screened windows and doors.
- Use insect repellent safely.
- Practice safe sex (use condoms)
- Wear protective clothing such as long pants, long sleeved shirts, and socks to cover exposed skin.

If you develop symptoms of Zika virus (fever, joint pain, rash, red eyes, and muscle pain) and have recently traveled,



**ongovhealth**  
**Onondaga County**  
**Health Department**

ongov.net/health · facebook.com/ongovhealth

*For more information visit:*  
[www.cdc.gov/zika](http://www.cdc.gov/zika)