

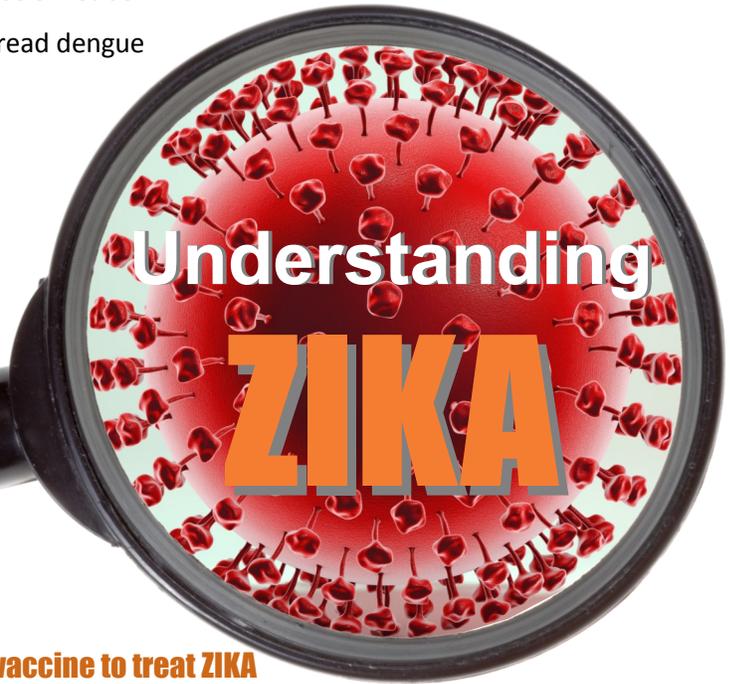


ZIKA is a virus spread through mosquito bites of *Aedes* species mosquitoes. Aedes mosquitoes also spread dengue and chikungunya viruses.

The SYMPTOMS of ZIKA are:



- Fever
- Rash
- Joint Pain
- Pain behind the eyes
- Muscle Pain
- Red Eyes
- Headache
- Vomiting



KNOW THE FACTS



TREATMENT - There is no medicine or vaccine to treat ZIKA virus disease.

- See your medical provider for follow-up
- Get plenty of rest and drink fluids to prevent dehydration
- Take medicines, such as acetaminophen, to relieve fever and pain
- Avoid Aspirin and other non-steroidal anti-inflammatory drugs until dengue can be ruled out to reduce the risk of bleeding

RISK REDUCTION

- Use mosquito or insect repellents and wear long-sleeved shirts and long pants
- Use air conditioning or window/door screens to keep mosquitoes outside
- Use mosquito bed nets if accessible during your travels



TRANSMISSION - Zika virus is transmitted to people primarily through the bite of an infected Aedes species mosquito.

- **Through mosquito bites**
Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.
- **From mother to child**
A mother already infected with Zika virus can pass the virus to her newborn during pregnancy or around the time of birth. If transmitted, the baby may develop brain abnormalities.
- **Through sexual contact**
A man with Zika Virus symptoms can pass the virus to his sex partners before symptoms start and after symptoms resolve. The virus is present in semen longer than blood.

TRANSMISSION

- **Through infected blood**
At this time there are no cases related to blood transfusions in the U.S, however there are reported cases in Brazil.
- **Pregnant Women**
Men who reside in or have traveled to an area of active Zika virus transmission who have a pregnant partner should abstain from sexual activity or consistently and correctly use condoms during sex (ie. vaginal intercourse, anal intercourse or fellatio) for the duration of the pregnancy.
- **Non-Pregnant Partners**
Men who reside in or have traveled to an area of active Zika virus transmission who are concerned about sexual transmission of Zika



Visit [Maryland Department of Health and Mental Hygiene](#) website for more information.



4/18/2016



PREGNANT WOMEN

- CDC recommends that all pregnant women who have traveled to or reside in areas with known Zika transmission be offered Zika virus testing.
- Postpone travel to the areas where Zika virus transmission is ongoing.
- Use EPA-registered insect repellent and follow instructions provided.
- Talk to healthcare provider first and strictly follow steps to avoid mosquito bites during the trip.

Countries and territories with active ZIKA VIRUS transmission:



- | | | |
|--|-----------------|------------------------------------|
| • Aruba | • Ecuador | • Paraguay |
| • Barbados | • El Salvador | • Saint Lucia |
| • Bolivia | • French Guiana | • Saint Martin |
| • Bonaire | • Guadeloupe | • Saint Maarten |
| • Brazil | • Guatemala | • Saint Vincent and the Grenadines |
| • Colombia | • Guyana | • Suriname |
| • Commonwealth of Puerto Rico,
US territory | • Haiti | • Trinidad and Tobago |
| • Costa Rica | • Honduras | • U.S. Virgin Islands |
| • Cuba | • Jamaica | • Venezuela |
| • Curacao | • Martinique | • American Samoa |
| • Dominica | • Mexico | • Samoa |
| • Dominican Republic | • Nicaragua | • Tonga |
| | • Panama | • Cape Verde |

Ongoing **Zika Virus transmission** has been in many countries and territories, mostly in **Central America, South America and the Caribbean**. (list of affected countries at <http://www.cdc.gov/zika/geo/index.html>)

RESOURCES



For current information visit the following websites:

Centers for Disease Control and Prevention (CDC)

- Zika Virus - <http://www.cdc.gov/zika/index.html>
- Zika Affected **Countries** - <http://www.cdc.gov/zika/geo/index.html>
- Zika **Birth Defects** Facts - <http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html>
- Zika **Travel** Notices - <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

Maryland Department of Health and Mental Hygiene (DHMH)

- Zika Virus - <http://phpa.dhmh.maryland.gov/Pages/zika.aspx>



Visit [Maryland Department of Health and Mental Hygiene](http://www.dhmh.maryland.gov) website for more information.



4/18/2016