



## What you need to know about the Zika virus



### What is Zika Virus?

- Zika is mostly a mild illness
- Signs show up within 2 weeks of a mosquito bite
- You can be sick for up to one week
- Most people don't get sick at all

### What are the Signs of Zika?

- Fever
- Rash
- Muscle or joint pain
- Pink eye or red eyes
- Headache with eye pain
- Zika has the same signs as other mosquito bite illnesses (Like Chikungunya or Dengue)

### What Places have Zika?

- Zika is in Mexico, Central America, South America and the Caribbean
- Some places in the U.S. and Africa also have Zika
- Before you travel, visit the website below to see what places have Zika

### What if I have been exposed to Zika by mosquito bite?

- Talk to your doctor right away
- Do not donate blood
- Avoid taking aspirin
- Avoid pain medicine called NSAIDs (ibuprofen, Advil®, Aleve®)
- Do not have sex without using a barrier like condoms

### How Can I get Zika Virus?

- Zika is spread by mosquito bites
- It can also be spread from a person sick with Zika to their sex partner
- Zika can be spread from a mother to her baby while she is pregnant
- We are still learning about all the ways that Zika virus can spread

### How Can I Be Safe from Mosquito Bites?

- Wear long sleeved shirts and long pants
- Use bug repellent (spray)
- Use screens over windows and doors to keep bugs outside
- Treat your yard with bug spray and get rid of standing water

### How Can I Be Safe from Zika Virus?

- Talk to your doctor about safe sex if you or your partner have been to a place with Zika
- You should use a barrier like condoms during sex if you have been to a place with Zika
- Do not travel to places with Zika if you are pregnant (or trying to get pregnant)

### What if I went to a place with Zika while I was pregnant?

- Tell your doctor right away
- Your doctor may want to do extra tests to check the baby's health and head size.

For the most up-to-date facts and places with Zika virus, visit the CDC:

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

Approved by Carolinas HealthCare System Infection Prevention Patient Health Education Committee, August 2016