

# Have you heard about ZIKA VIRUS?

February 10, 2016

## What is Zika virus?

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.

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.

What we know about Zika virus and the risk to humans may change as public health officials are still learning about this virus. To stay up to date on the latest information go to the CDC website.

## Where is Zika virus found?

**There is no evidence of Zika virus in our local mosquito population at this time.** Zika virus cases have been reported in the U.S., including Ohio, 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.

## Who is at risk of being infected?

Anyone who lives in or travels to an area where Zika virus is found.

**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 anyone 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 2-7 days after being bitten by an infected mosquito.

About 1 in 5 people infected with Zika virus become ill. The illness is usually mild. Severe disease requiring hospitalization is uncommon.

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

## How do you prevent Zika virus?

No vaccine exists to prevent Zika virus. **Those traveling to affected areas should take precautions to avoid mosquito bites.**

- Use an EPA registered insect repellent, such as DEET
- Wear long-sleeved shirts and long pants
- Choose a hotel or lodging with air conditioning or window/door screens
- If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.



## 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/notices>

As of 2/10/16



## For more information:

**Centers for Disease Control**  
<http://www.cdc.gov/zika/>

**Ohio Department of Health**  
<http://www.odh.ohio.gov/odhprograms/bid/zdp/>

  
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