

ZIKA FACT SHEET

What is Zika?

- Zika is a virus that can make you sick after being bitten by a mosquito, like dengue, Chikungunya, or West Nile Virus
- It can cause mild symptoms within one week of being bitten like fever, rash, joint pain, and eye pain
- In pregnant women, there is a chance that an infection with Zika virus may cause the baby to have a small head or other problems

Who can get Zika?

- Anyone who gets bitten by an infected mosquito – in the US this has only happened in people who have recently traveled to Central and South America, Mexico, and the Caribbean have reported getting Zika
- Less commonly, someone who has had sexual contact with someone who was infected

Is there a treatment for Zika?

- No, there is no vaccine or treatment for Zika

How can people protect themselves against Zika?

- Pregnant women should consider not travelling to areas with Zika virus.
- People who travel to these areas should try not to get bitten by mosquitoes by:
 - staying in air conditioned houses
 - wearing clothes that cover your arms and legs
 - using insect repellent
- Avoiding sexual contact with someone who travelled to an area with Zika and might be sick, or using protection such as condoms

If you are concerned about having a Zika infection, please talk to your healthcare provider.
For additional information, please visit www.doh.dc.gov or email us at doh.epi@dc.gov.