

Zika Information Sheet

What is Zika?

Zika is a disease caused by a virus that is spread through the bite of an infected mosquito. Zika can cause mild illness in adults but may cause severe birth defects in babies if the mother is infected with Zika during pregnancy. It is common in parts of Africa, Asia, Central and South America, Mexico, and the Caribbean. Within the United States, the virus has previously been found in Brownsville, Texas and Miami-Dade County, Florida but there is currently no ongoing spread in either state. To date, Maricopa County has only identified cases of Zika that individuals caught in other places. However, the mosquito that spreads the disease is very common in Maricopa County so we need to take steps to prevent local spread.

How can you catch Zika?

Humans become infected with Zika through bites from infected mosquitoes. Zika can also be transmitted from mother to baby during pregnancy or birth, or through sexual contact with an infected person. Zika can be spread by anyone who is infected, even if they do not show symptoms.

What are the symptoms of Zika?

About 1 in 5 people infected with Zika show symptoms. Symptoms usually occur 3 to 7 days after a bite from an infected mosquito and can last up to 7 days. Symptoms may include:

- Fever
- Rash
- Headache
- Red eyes
- Joint pain
- Muscle pain

How can you be treated for Zika?

There is no specific medicine to treat Zika. Your doctor may recommend rest, fluids, and medicine containing acetaminophen to relieve fever and pain. ***Aspirin and ibuprofen should be avoided.***

How can you prevent Zika?

- There is currently no vaccine to prevent Zika.
- If you live in or travel to areas with Zika, the best way to prevent illness is to avoid mosquito bites. To avoid mosquito bites:
 - Use an insect repellent containing DEET or other effective ingredient on exposed skin.
 - Wear long sleeves and pants when possible.
 - Use screens on windows and doors or air conditioning to keep mosquitoes out.
 - Remove or empty containers that hold water around your home twice a week.
- If you have returned from Zika affected areas, avoid mosquito bites for at least 21 days.
- If your partner is pregnant and you live in or travel to areas where Zika virus spread is ongoing, abstain from sexual activity or use condoms for at least six months or for the duration of the pregnancy, whichever is longer.