Symptoms
- Common symptoms of Zika are fever, rash, joint pain or conjunctivitis.
- Other symptoms may include muscle pain and headache.
- The illness is usually mild and lasts several days to a week.
- Severe disease requiring hospitalization is uncommon.

Treatment
- No vaccine or medication is available to treat Zika.
- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take acetaminophen to relieve fever and pain.
- Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and naproxen until dengue can be ruled out to reduce the risk of hemorrhage (bleeding).
- See your primary care provider if you experience symptoms and tell him or her where you’ve traveled.

Transmission
- The virus is transmitted to people by mosquitoes in the genus Aedes that are known to be present in Africa, South America, Central America and the Western Pacific.
- Mosquitoes that carry Zika bite mostly during the daytime.
- Mosquitoes that can spread Zika also may spread dengue and chikungunya viruses.

Prevention
Zika virus prevention focuses on preventing mosquito bites. When traveling to countries where Zika virus, or other viruses spread by mosquitoes are found, take the following steps:
- Wear long-sleeved shirts and pants.
- Stay in places that have air conditioning and window screens to keep mosquitoes out.
- Sleep under mosquito net.
- Use U.S. Environmental Protection Agency (EPA) registered insect repellents and follow product label directions. Reapply as directed.

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

<table>
<thead>
<tr>
<th>TYPE OF MOSQUITO</th>
<th>VIRUSES SPREAD</th>
<th>BITING HABITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aedes aegypti, Aedes albopictus</td>
<td>chikungunya, dengue, Zika</td>
<td>Morning to early evening</td>
</tr>
<tr>
<td>Culex species</td>
<td>West Nile</td>
<td>Dusk to dawn</td>
</tr>
</tbody>
</table>

Protect yourself and your family from mosquito bites!
For pregnant women

Women who are pregnant *(in any trimester)*, trying to become pregnant or thinking about becoming pregnant should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who do travel to one of these areas should consult a health care provider first and strictly follow steps to avoid mosquito bites.

Using an insect repellent is safe and effective. Pregnant women and breastfeeding women should choose an EPA-registered insect repellent and use it according to the label.

CDC recommends that *all* pregnant women who have traveled to a place with a Zika outbreak talk to a health care provider and get tested 2 to 12 weeks after they return, *even if they don’t feel sick.*

There are reports in Brazil of microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant.

There is currently no evidence that Zika virus infection poses a risk of birth defects in future pregnancies. Women who are contemplating pregnancy and who have recently recovered from Zika virus infection should consult a health care provider before becoming pregnant.

For men with pregnant partners

Men who reside in or have traveled to an area of active Zika virus transmission and who have a pregnant partner should abstain from sexual activity, or they should consistently and correctly use condoms during sex *(i.e., vaginal intercourse, anal intercourse or oral sex)* for the duration of the pregnancy.