

# Zika Virus Disease



## 1. What is Zika virus disease?

Zika is a disease caused by a virus (germ) that spreads to people by mosquito bites. It causes illness mostly in people living in Southern Mexico, areas of Central and South America, and the Caribbean. In January 2016, Zika was found for the first time in the United States in someone who traveled to Central America.

## 2. How does this disease spread?

Zika is spread by a type of mosquito that bites during the day. This mosquito can be found in LA County, but it does not spread Zika. If you go to an area where Zika is found, avoid mosquito bites while traveling and when you return to LA County.

## 3. What are the symptoms?

Symptoms of Zika are fever, joint pain, rash, red eyes and muscle pain. These begin 3–7 days after being bitten by an infected mosquito. For most people, illness is usually mild with symptoms lasting up to a week. Some people who are infected have no symptoms at all. People rarely die from this disease. See your doctor if you think you or someone from your family has this disease.

## 4. What is known about Zika during pregnancy?

If a pregnant woman becomes infected with Zika virus, her baby may be born with a smaller head than normal. Women pregnant in their first trimester who become infected with Zika are at greater risk of having a baby with birth defects. The CDC recommends that women who are pregnant, or may become pregnant, avoid traveling to areas with Zika. If you are pregnant and traveled to an area with Zika, call your doctor and talk about your travel, even if you don't have signs of illness.

## 5. How is this disease treated?

There are no medicines to treat this disease and there are no vaccines to prevent it. There are medicines to help with fever and pain.

## 6. How can you prevent getting this disease?

Avoid mosquito bites, especially when visiting places known to have this disease. Use Environmental Protection Agency (EPA) approved bug spray and wear long-sleeved shirts and long pants or clothing specially treated to avoid mosquito bites.

### Key Points:

- Zika spreads to people from mosquito bites. It's found mostly in Southern Mexico, Central and South America and the Caribbean.
- Avoid mosquito bites if visiting areas known to have this disease.
- Mosquitoes in LA County currently do not spread this disease.
- Pregnant women infected with Zika may be at risk of having a baby with birth defects.
- There is no medicine or vaccine to treat or prevent this disease.

### For more information:

Los Angeles County,  
Department of Public Health  
[www.publichealth.lacounty.gov/acd/vectorZika.htm](http://www.publichealth.lacounty.gov/acd/vectorZika.htm)  
Centers for Disease Control and  
Prevention (CDC)  
<http://www.cdc.gov/zika>  
Pan American Health Organization  
(PAHO)  
[http://www.paho.org/hq/index.php?option=com\\_topics&view=article&id=427&Itemid=41484&lang=en](http://www.paho.org/hq/index.php?option=com_topics&view=article&id=427&Itemid=41484&lang=en)

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