

Should You Get Tested?

Did you or your sex partner (if you have one) travel recently to a place where Zika virus outbreaks are ongoing?

- **If you're healthy and not pregnant:**

You probably have nothing to worry about, most experts say. There's no cure for Zika, so if you don't have symptoms, there's little benefit to figuring out if you have the disease.

- **If you do have Zika symptoms:**

If you experience rash, joint pain, fever, or red, itchy eyes, contact your medical provider. He or she can determine whether you should be tested for Zika or any other disease with similar symptoms.

- **If you're pregnant and have no symptoms:**

Schedule regular visits with your OB/GYN to monitor the growth of your baby. If your doctor detects any abnormalities, he or she will advise on Zika testing.

- **If you're pregnant and have Zika symptoms:**

If you have two or more symptoms within two weeks of traveling to an area with local transmission of Zika, you should get tested. Tell your OB/GYN about your travel.

If you have questions about testing for Zika virus, contact your medical provider. Be sure to share your travel history.

More Information

U.S. Centers for Disease Control
cdc.gov/zika

World Health Organization
www.who.int/csr/disease/zika/en/



1930 Ninth Ave., Helena MT 59601
406-457-8900
publichealth@lccountymt.gov
www.LewisAndClarkHealth.org

July 2016

Zika Virus



Aedes mosquito

A public health guide

Travelers and women who are pregnant or plan to become pregnant are most at risk from this disease spread by certain kinds of mosquitoes.



Zika Virus: What It Is and How You Can Protect Against It



Find places with ongoing Zika outbreaks: cdc.gov/zika/geo

Symptoms of Zika

Many people infected with Zika have mild or no symptoms. The most common symptoms are:

- Red, itchy eyes
- Joint pain
- Fever
- Rash

Symptoms can last for several days to a week. People rarely die of Zika.



What Is Zika?

Zika is a virus that spreads to people mostly through the bite of certain kinds of mosquitoes (Aedes). Unlike some other types of mosquitoes, these bite any time, including during the day. Aedes mosquitoes do not live in Montana.

Zika virus can also be spread during sex and from a pregnant woman to her baby.

Zika outbreaks are occurring in many parts of the Western Hemisphere, including Mexico and Central and South America. Because Aedes mosquitoes inhabit parts of the U.S., health officials believe the disease could occur in this country, too. Travelers to places already experiencing outbreaks also may become infected.

Prevent Mosquito Bites

There's no vaccine against Zika virus. The best way to prevent it is to protect against mosquito bites. Here's how:

- Use EPA-registered insect repellent as directed. (Do not use repellents on babies under 2 months old.)
- Treat your clothing and gear with permethrin (or buy pre-treated items).
- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning and window and door screens.
- Sleep under mosquito netting.
- Use mosquito netting to cover babies under 2 months old in strollers, cribs, etc.



Special Risks

Zika infection during pregnancy has been found to cause birth defects in some babies. For this reason, the U.S. Centers for Disease Control (CDC) recommends that pregnant women avoid traveling to areas with Zika. If you're pregnant and have a male sex partner who lives in or travels to an area with Zika, use condoms or avoid sex during pregnancy. If you're trying to become pregnant, take steps to avoid mosquito bites. Talk to your medical provider if you have concerns about Zika.

Zika virus also has been associated with increased reports of Guillain-Barre syndrome, an uncommon sickness of the nervous system.