Zika Symptoms

If you or your sex partner have recently traveled and feel sick within 14 days of returning, see your healthcare provider immediately. Inform them of the travel, including where and when travel occurred.

Zika virus has been found in much of South America, Central America, Mexico, and the Caribbean. For a full list of countries affected by Zika virus, visit:


Symptoms of Zika virus include:

- Rash
- Joint Pain
- Conjunctivitis (red eyes)
- Muscle Pain
- Headaches

Only 1 in 5 people will experience symptoms. If you or your sex partner have recently traveled to an affected area, and you are pregnant, you can get tested for Zika virus from 2-12 weeks after your return, even if you don’t have symptoms.

AVOID MOSQUITO BITES!

The following tips will help to reduce your chances of being bitten:

1. Defend yourself with an EPA approved insect repellent. EPA-registered insect repellents containing ingredients such as DEET, picaridin, and IR3535 are safe for use during pregnancy when used in accordance with product label. For a full list of insect repellents, see http://www.epa.gov/insect-repellents

2. Drain all standing water in and around your home

3. Dress in long sleeves and pants to prevent skin exposure to mosquitoes

4. Stay in places with window screens and air conditioning to prevent mosquitoes from flying inside

5. Sleep under a mosquito net if you are out of the country and not able to protect yourself from mosquito bites
How is Zika virus transmitted?
Zika virus is transmitted to people primarily through the bite of an infected *Aedes* mosquito. *Aedes* mosquitoes are aggressive daytime biters and feed both indoors and outdoors. They can also bite at night. Zika virus can be transmitted from a pregnant mother to her baby during pregnancy or around the time of birth. Sexual transmission of Zika virus is possible.

What are symptoms of Zika virus infection?
About 1 in 5 people infected with Zika virus develop symptoms. Characteristic clinical findings are fever with maculopapular rash, joint pain, or conjunctivitis (red eyes). Other commonly reported symptoms include body aches and headache. Illness is usually mild with symptoms lasting for several days to a week.

Is it safe for pregnant patients to travel to an area with Zika virus transmission?
CDC recommends that pregnant women in any trimester should avoid travel to an area where Zika virus transmission is ongoing. If a pregnant woman is considering travel to one of these areas, she should talk to her healthcare provider. If she travels, she should strictly follow steps to avoid mosquito bites during the trip.

Is it safe for women trying to become pregnant to travel to an area with Zika virus transmission?

What are the potential effects of infection during pregnancy?
There have been reports of microcephaly (unusually small head) in babies of mothers who were infected with Zika virus while pregnant. Microcephaly can cause brain damage, and sometimes death of the infant. Zika virus infections have been confirmed in several infants with microcephaly.

Is there a risk of sexual transmission to a pregnant woman from a male partner with Zika virus infection?
Sexual transmission of Zika virus can occur. Given the potential risks of maternal Zika virus infection, pregnant women whose male partners have or are at risk for Zika virus infection should consider not having sex, or using condoms for the duration of pregnancy.

Can pregnant women without symptoms, but with a history of travel be tested for Zika virus infection?
Testing can be offered from 2 to 12 weeks after pregnant women return from travel to areas of ongoing Zika virus transmission.

How does Zika virus infection affect future pregnancies?
There is no evidence that prior Zika virus infection poses a risk of birth defects in future pregnancies. This is because the viremia is expected to last approximately one week in patients with clinical illness. There is no evidence that a fetus conceived after maternal illness has resolved would be at risk for fetal infection.

Are there any special precautions for pregnant women on the use of insect repellents?
EPA-registered insect repellents containing ingredients such as DEET, picaridin, and IR3535 are safe for use during pregnancy when used in accordance with product label.

How can Zika virus infection be prevented?
There is no vaccine to prevent Zika virus infection. Travelers can protect themselves by taking steps to prevent mosquito bites. Pregnant women can and should choose an EPA-registered insect repellents and use it according to the product label. Given the potential risks of maternal Zika virus infection, pregnant women whose male partners have or are at risk for Zika virus infection should consider using condoms or abstaining from sexual intercourse.