



What is Zika and how is it spread?

Zika virus is a relatively new disease for the Western hemisphere. It first appeared in Brazil in May of 2015. It has since spread to Central and South America and the Caribbean. Zika is spread primarily through mosquito bites. There is also evidence that it can be spread through sexual contact.

What are the symptoms of Zika?

The most common symptoms are fever, rash, joint pain and red, itchy eyes. Symptoms are usually mild and last several days to a week. Around 4 out of 5 people who have Zika will not experience symptoms. Zika may pose the most risk to babies born to mothers who are infected with the virus.

Is there a vaccine or treatment for Zika?

There is currently no vaccine or treatment for Zika.

Who is most at risk?

There is evidence that suggests that Zika infection in pregnant women causes birth defects. Pregnant women or women who may become pregnant should avoid traveling to countries where Zika is present. The CDC is planning studies to learn more about the connection between Zika and children born with these birth defects.

What should I know if I'm planning to travel?

The CDC has issued travel guidance for women who are pregnant or who may become pregnant. You can stay up-to-date on their latest travel notices at www.cdc.gov/travel. Arkansas residents traveling to Central or South America or the Caribbean, where Zika is present, should take precautions against getting bitten by mosquitoes. If you are pregnant, consider postponing your trip.

What precautions should I take if I'm traveling to a country with Zika?

Before traveling, please refer to the latest travel notices at www.cdc.gov/travel. People traveling to countries with Zika should avoid mosquito bites for 10 days after they return. Arkansas has the kind of mosquitoes that can carry Zika virus, so mosquitoes here in Arkansas can become infected with the virus if they bite someone who has Zika. Travelers to areas where Zika is present should also go to their doctor if they experience any of the symptoms associated with Zika within three to seven days after they return. Any pregnant woman who returns from an area with Zika should consult with her doctor even if she does not have symptoms.

What are ways to avoid mosquito bites?

- Using an insect repellent containing DEET, picaridin, IR3535 or oil of lemon eucalyptus.
- Wearing long-sleeved shirts and trousers.
- Using air conditioning or window and door screens to keep mosquitoes outside.
- Reducing the number of mosquitoes inside and outside your home by emptying standing water from containers such as flowerpots or buckets. Mosquitoes can breed in as little amount of water as a bottle cap.

Where do I learn more about Zika?

You can learn more about Zika at www.cdc.gov/zika.