



WHAT YOU NEED TO KNOW ABOUT ZIKA VIRUS



New Mexico Department of Health
Epidemiology and Response Division
1190 St. Francis Drive
Santa Fe, NM 87505



FIGHT THE BITE!

IMPORTANT FACTS

◆ WHAT IS ZIKA VIRUS?

Zika virus can cause an infection in people that is spread by the bite of an infected mosquito. There are only two mosquito species in the United States that are known to be able to transmit the Zika virus (*Aedes aegypti* and *Aedes albopictus*). These mosquitoes live near people (inside or close to our homes) and typically bite during the daytime.

◆ HOW DO PEOPLE GET INFECTED WITH ZIKA VIRUS?

Mosquitoes become infected after biting a person with the virus during their second to sixth day of illness. Infected mosquitoes can then transmit Zika virus to other people.

◆ CAN YOU GET ZIKA VIRUS DIRECTLY FROM PEOPLE OR OTHER ANIMALS?

The most common way of getting Zika virus infection is through the bite of an infected mosquito and not person to person. Nonetheless, there have been reports of transmission via sexual contact, blood transfusion, and from a mother to her fetus during pregnancy potentially causing birth defects or stillbirths.

◆ WHAT ARE THE SIGNS & SYMPTOMS OF ZIKA VIRUS?

Signs and symptoms usually appear about 3 to 7 days after being bitten by an infected mosquito. Only 1 out of 5 people infected with Zika virus will become ill. The most common signs and symptoms of Zika virus infection are fever, rash, joint pain (generally not as severe as with chikungunya fever) or conjunctivitis (red eyes). People may also experience muscle pain and headaches. Infected people are usually better within a week. Severe disease requiring hospitalization is uncommon and death is rare. However, there are concerns that Zika virus infections in pregnant women can cause birth defects, such as microcephaly, and perhaps other fetal and newborn medical problems.

Co-infection with chikungunya or dengue viruses is possible in those who have traveled to an area where there is local transmission of all three infections.

◆ ARE THERE OTHER MOSQUITO-BORNE DISEASES I SHOULD WORRY ABOUT?

Yes, in areas where Zika virus is found there may be other mosquito-borne diseases such as dengue virus, chikungunya virus and West Nile virus.

◆ IS THERE A TREATMENT FOR ZIKA VIRUS INFECTION?

There is no specific medication to treat and no vaccine to prevent Zika virus infection. Since Zika virus infections are not caused by bacteria, antibiotics will not work. Instead, healthcare providers may prescribe rest, fluids, and medications to alleviate symptoms. Most people recover from this illness on their own. If you think you may have Zika virus infection, don't take medications that contain aspirin or any of the non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen or naproxen which can cause dangerous bleeding if you are actually infected with Dengue virus. Illnesses caused by Dengue virus and Zika virus are similar and can only be differentiated by laboratory testing.

◆ WHO SHOULD GET TESTED FOR ZIKA VIRUS INFECTION?

All pregnant women returning from an area with Zika virus transmission should consult with their medical provider about getting tested for Zika virus, even in the absence of symptoms or recollection of having been bitten by mosquitoes. Testing is available for pregnant women returning from any area with active Zika virus transmission 2 to 12 weeks after their return.

Any individual who develops a febrile illness consistent with Zika virus infection and has travelled to or has lived in an area with Zika virus transmission within two weeks of illness onset should also be tested.

For a list of areas affected by Zika virus please visit: <http://cdc.gov/zika>.

For more information on Zika call the New Mexico Department of Health at 505-827-0006.

PROTECT YOUR HOME, YOUR FAMILY, AND YOURSELF

Sick with ZIKA virus?

Protect yourself and others from mosquito bites during the first week of illness



7 DAYS

During the first week of illness, Zika virus can be found in the blood. The virus can be passed from an infected person to a mosquito through mosquito bites. An infected mosquito can then spread Zika virus to others. If you have been diagnosed with or suspect you have an infection with Zika virus:

- ◆ Stay indoors as much as possible and make sure mosquitoes cannot enter your home.
- ◆ Wear long pants and long sleeves and apply insect repellent (following label instructions) when outside.
- ◆ Please call the New Mexico Department of Health at 505-827-0006 to report it.

