



The Zika Virus- Know the Facts and Protect Yourself

The Zika virus may cause serious problems in humans. It is mainly spread through the bites of infected mosquitos. Protect yourself from mosquitos that may carry the virus. Pregnant women must take special care from getting infected. Find out more about the Zika virus and how to protect yourself.

Why has there been public concern about the Zika virus?

There may be a link between a woman infected with the Zika virus while pregnant and a baby being born with microcephaly. Microcephaly is a condition where the brain does not develop properly. It can result in loss in physical and intellectual ability. Recently, there have been Zika virus cases found in many countries.

What are the symptoms of Zika?

The symptoms are mild. They may include fever, skin rash, red eyes, or joint pain. Symptoms last from a few days to a week. It rarely causes death.

Who are most at risk for getting infected?

Persons who live or have traveled to Zika-infected areas are most at risk. Recently, cases have been found in areas of Mexico, Central America, South America, the Caribbean, Pacific Islands and Africa.



How is Zika treated?

There is no vaccine or medicine to treat Zika. Most people get better with rest, drinking fluids and taking medicine for fever or pain.

How can I avoid getting the Zika virus?

The Center for Disease Control and Prevention (CDC) is still learning more and more about the Zika virus. Right now, they ask pregnant women not to travel to Zika-infected areas. If they must travel, they should first talk to their provider. Protect yourself from mosquito bites. Use insect repellent, wear long sleeves and pants, and stay in areas with door and window screens. Women trying to get pregnant and their male partners should also be careful. There may be other ways persons are getting infected, such as through sex.

Do I need to be tested?

See your provider if you have symptoms and have traveled to a Zika-infected area. Ask your provider if you should get tested.

Where can I get the latest information about the Zika virus?

For the latest news, check out <http://www.cdc.gov/zika/>.

*Adapted from the Center for Disease Control and Prevention

To request information in your language or in another format,
call L.A. Care at **1.888.839.9909** or TTY **711**.