

1. What is Zika virus disease?

Zika is a disease caused by a virus (germ) that spreads to people by *Aedes* mosquito bites. Currently there are outbreaks in tropical and subtropical countries such as Mexico, the Caribbean, Central and South America. There have been cases of locally acquired disease in south Florida and in Texas near the Mexican border.

2. Have any Zika virus cases been reported in Riverside County?

Yes. The number of Zika virus infections is posted at www.rivco-diseasecontrol.org. Information on the number of cases in California is located at <http://www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx>. All cases in Riverside county are related to travel outside the United States.

3. How is the disease spread?

Zika is spread by a type of mosquito that bites during the day. This mosquito can be found in Riverside County, but no locally acquired human cases of Zika have been identified. Zika can be transmitted through blood transfusion. However, blood centers in California are being screened for Zika virus. Another method of transmission is from an infected mother to her fetus.

4. Can Zika virus be sexually transmitted?

Yes, spread of Zika virus through sexual contact has been reported. It is not clear how frequently Zika virus is transmitted through sex. Abstinence and use of condoms for 6 months following exposure is recommended to men who have been exposed to Zika virus. Women should abstain or use condoms for 8 weeks following exposure regardless of symptom status.

5. Can animals spread Zika?

There is no evidence that Zika virus is spread to people from contact with animals. Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito. Other than humans, the only animals known to be infected with Zika virus are monkeys and apes.

6. What are the symptoms?

Most people infected with Zika virus have no symptoms, or will only have mild symptoms. Common symptoms of Zika are fever, joint pain, rash, red eyes and sometimes headache or muscle pain. These



- *Avoid mosquito bites if visiting areas known to have this disease.*
- *Aedes mosquitoes have been found in Riverside County.*
- *Pregnant women infected with Zika may be at risk of having a baby with birth defects.*
- *There is no medicine or vaccine to treat or prevent this disease.*

begin 3–7 days after being bitten by an infected mosquito or had unprotected sex with an infected partner. See your doctor if you think you or someone from your family has this disease.

7. How is Zika treated?

There is no specific treatment for Zika. Talk to your health care provider about medications to help reduce fever and pain; rest and fluids are also helpful. Most people feel better in about a week.

8. What is known about Zika during pregnancy?

If a pregnant woman in their first trimester becomes infected with Zika virus, her baby may be born with a microcephaly (smaller head than normal) and other serious nervous system newborn abnormalities and birth defects. The CDC recommends that women who are pregnant, or may become pregnant, avoid traveling to areas with Zika. If you are pregnant and you or your sexual partner traveled to an area with Zika, call your doctor and talk about your travel, even if you don't have signs of illness. Pregnant women who must travel to an area with Zika should talk to their healthcare provider first and strictly follow steps to avoid mosquito bites during the trip.

9. How can I prevent getting this disease?

Avoid mosquito bites. Use Environmental Protection Agency (EPA) approved bug spray and wear long-sleeved shirts and long pants or clothing specially treated to avoid mosquito bites.

10. Can I donate blood if I recently traveled to an area with ongoing Zika virus transmission?

Spread of Zika virus through blood transfusion has been reported. Therefore, the American Red Cross has asked blood donors to wait 4 weeks (28 days) after risk of exposure to Zika virus before they donate blood. Risk of exposure includes:

- Travel to or residence in countries on the Centers for Disease Control and Prevention (CDC) Zika Travel Information list within the last four weeks;
- Diagnosis of Zika virus infection;
- Existence of two or more Zika virus infection symptoms within two weeks of leaving an area with local transmission, and/or
- Sexual contact within the last four weeks with a man who in the three months before sexual contact was diagnosed with Zika virus infection, or traveled to or resided in an area with local Zika virus transmission.

Blood donors must immediately report any signs of illness to the Red Cross within 14 days of donation.

- Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov/zika/index.html>
- CDC Travel Health Notices: <http://www.cdc.gov/travel/notices>
- CDPH : <http://www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx>
- Riverside County Disease Control: <http://www.rivco-diseasecontrol.org/>