

## Zika Frequently Asked Questions

### What is Zika Virus?

Zika virus disease is caused by the Zika virus. It is spread to people by the bite of the Aedes mosquito. About 4 out of 5 people infected with the virus will not feel sick. 1 out of 5 people with Zika virus will get sick about 4 to 7 days after getting bit. Once someone is infected with Zika, they cannot get it again.

### How is Zika Spread?

The Zika virus is spread mainly through the bite of infected Aedes mosquitoes. If people who have Zika get bitten by mosquitos, those mosquitos can spread the Zika virus to other people. Men who have the Zika virus in their body can also spread it to their sexual partners when they do not use a condom correctly. A pregnant woman who has Zika virus can also spread it to her baby. Zika can also be spread through blood transfusions.

Find out more at:

<http://www.cdc.gov/zika/transmission/>

### Are Zika Transmitting Mosquitos Found in Wisconsin?

The Aedes mosquito which spreads Zika has not been found in Wisconsin. The Wisconsin Department of Health Services and the City of Milwaukee Health Department are setting mosquito traps to check for Aedes mosquitos this summer. For a current list of countries and territories with active Zika Virus Transmission, please visit:

<http://www.cdc.gov/zika/geo/active-countries.html>.

### How Can I Protect Myself Against Zika?

When in areas with Zika and other diseases spread by mosquitoes, take the following steps:

#### Prevent mosquito bites.

Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol. When used as directed, EPA-registered insect repellants are proven safe and effective, even for pregnant and breast-feeding women.

- Always follow the product label instructions
  - Reapply insect repellent as directed
  - Do not spray repellent on the skin under clothing
  - If you are also using sunscreen, apply sunscreen before applying insect repellent
- To protect your child from mosquito bites:
  - Do not use insect repellent on babies younger than 2 months old
  - Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old
  - Dress your child in clothing that covers arms and legs
  - Cover crib, stroller, and baby carrier with mosquito netting
  - Do not apply insect repellent onto a child's hands, eyes, mouth, or cut/irritated skin
  - Adults: Spray insect repellent onto your hands and then apply to a child's face
- Wear long-sleeved shirts and long pants outdoors
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites
- Stay in places with air conditioning and window and door screens to keep mosquitoes outside
- Treat clothing and gear with permethrin or purchase permethrin-treated items
  - Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last
  - If treating items yourself, follow the product instructions carefully
  - Do NOT use permethrin products directly on skin. They are intended to treat clothing

#### Empty standing water

Prevent mosquitoes from laying eggs by dumping out water from flower pots, bird baths, or any other containers around your house.

### **Practice Safe Sex**

Zika can be spread by sex. Men who live in or travel to Zika areas need to use condoms the right way each and every time they have sex (vaginal, anal or oral). Condoms will also reduce the risk of HIV/ STI. Find out more at: <http://www.cdc.gov/zika/transmission/sexual-transmission.html>

### **Be Up-To-Date**

Visit the CDC website for updated information and warnings. <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

### **How Can I Protect Myself if I'm Pregnant and Planning to Travel to a Zika Affected Area?**

Woman who are pregnant should not travel to areas with Zika. If you must travel, talk to your doctor. For a current list of countries and territories with active Zika Virus Transmission, please visit: <http://www.cdc.gov/zika/geo/active-countries.html>.

### **What Should I do if I have Recently Traveled to a Zika-affected Area**

After travel, it is very important to prevent getting bitten by mosquitos for 2 weeks, to avoid passing on the disease. Men who have traveled to a Zika area and have a pregnant partner should not have any sexual activity (vaginal, anal, or oral) for the rest of the pregnancy.

### **Is Zika Virus Serious?**

Adults rarely have any serious health problems from Zika. However, some people with Zika get nerve or brain damage (Guillain-Barre). Some babies whose mothers got Zika while pregnant are born with abnormally small brains (microcephaly) and/or other brain or nerve damage.

Find out more at: <http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html>

### **What is the Treatment for Zika Virus?**

There is no treatment for Zika virus. Talk to your doctor if you have fever, a rash, joint pains, or red eyes. Tell the doctor about any recent travel. Use acetaminophen (Tylenol® or other brands) for the relief of fever and pain. **Do not take aspirin or non-steroidal drugs like ibuprofen.** Get plenty of rest and drink plenty of fluids. At this time there is no vaccine that protects against Zika.

### **How is Zika Testing Performed?**

Blood tests might help tell whether or not you have Zika virus. Figuring out who needs testing, which tests to do when, and what the results mean is complicated. Your doctor and you may need to talk to your local health department about the testing.

Find out more at: <http://www.cdc.gov/zika/transmission/sexual-transmission.html>.

### **Where Can I Find more Information about Zika Virus?**

If you have questions about Zika virus, please contact the City of Milwaukee Health Department at 414-286-3521.

Find out more at:

Wisconsin Department of Health Services  
<http://www.wisconsin.gov/aboviral/zika/htm>

Centers for Disease Control and Prevention  
<http://www.cdc.gov/zika/about/intex.html>