



## ZIKA VIRUS FACT SHEET

### What is Zika virus?

Zika is a type of virus spread by the bite of infected *Aedes* species mosquitoes. *Aedes* species (present in Maryland) also spread dengue and chikungunya viruses.

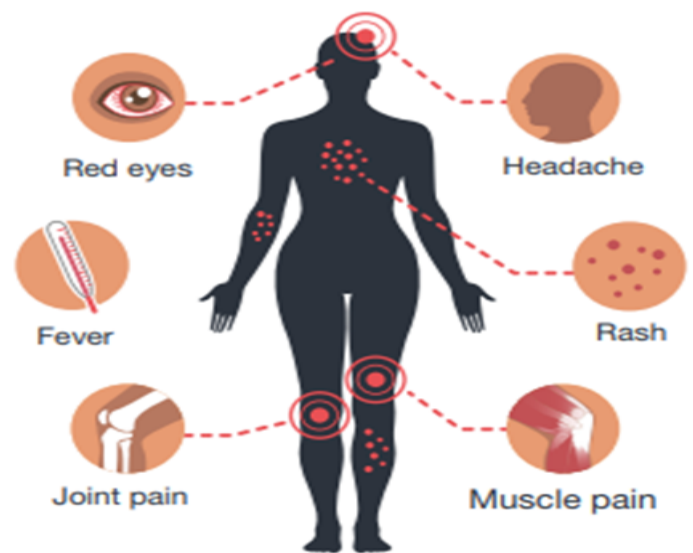


### What are the symptoms of Zika infection?

Many people infected with Zika virus do not have symptoms or only get mild symptoms.

Symptoms last for several days to a week. Hospitalizations and deaths from Zika infection are rare.

Zika virus in babies can cause **microcephaly** (where the baby's head is smaller than expected) and other birth defects.



#### Range of Microcephaly Severity

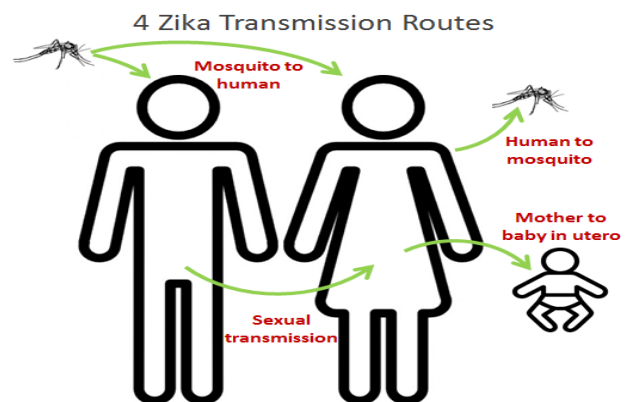


### How is Zika virus spread?

**Mosquito:** Zika virus is primarily spread through the bite of infected *Aedes* species mosquitoes.

**Pregnancy:** Zika virus can be spread from an infected pregnant woman to her fetus during pregnancy or around the time of birth.

**Sex:** Zika can also be passed through sex with an infected person even if the person does not have symptoms at the time.



Additional information: The Maryland Department of Health (MDH) at 410-767-6700 or 1-877-463-3464 or

<https://phpa.health.maryland.gov/Pages/zika.aspx> and

The Centers for Disease Control and Prevention (CDC) Zika virus website at <https://www.cdc.gov/zika/index.html>

## Can I get Zika from mosquito bites in Maryland?

There have been no cases of Zika from mosquito bites in Maryland thus far.

## What areas have ongoing Zika virus transmission?

Zika virus has been detected in a number of countries in Africa, Asia, the Caribbean, Central America, North America, the Pacific Islands, and South America. Please visit CDC's website

(<https://wwwnc.cdc.gov/travel/page/zika-travel-information>) for a full list of all the countries affected.

### How can I prevent Zika infection if I am pregnant?

- Talk to your healthcare provider to carefully consider the risks and possible consequences of travel to areas with a Zika outbreak or other areas with risk of Zika.
- Abstain from sex or use condoms consistently and correctly for the duration of your pregnancy if you have a male partner who lives in or has traveled to an area with a Zika outbreak or other areas with risk of Zika.
- If you are pregnant and have recently returned from travel to areas with a Zika outbreak or other areas with risk of Zika, talk to your provider to consider testing for Zika virus.

### Is there treatment for Zika virus infection?

- There are no specific medicines or vaccine for Zika virus
- Treat the symptoms; get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine such as acetaminophen (Tylenol®) to reduce fever and pain.
- **Do not** take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue can be ruled out to reduce the risk of bleeding.
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

## How can I prevent Zika infection?



CDC's Response to Zika  
**PREVENT ZIKA**

- 1** Cover up and use insect repellent
- 2** Remove standing water
- 3** Keep mosquitoes out of your home
- 4** Use condoms

Learn more at [www.cdc.gov/zika](http://www.cdc.gov/zika)



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