

# Zika Virus

## Fact Sheet

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Zika virus spreads to people mostly through the bite of an infected *Aedes* species mosquito. Zika can also spread through unprotected sex or from a pregnant woman to her baby during pregnancy.



The mosquitoes that can carry Zika are not currently found in Maine. However, people who travel to areas with Zika are at risk. Pregnant women should not travel to areas with current Zika outbreaks.

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## Signs and Symptoms



Fever



Joint and Muscle Pain



Conjunctivitis (Red Eyes)



Headache

A rash is also a common sign of Zika virus. If symptoms are present, they usually start 3 to 14 days after exposure and last for several days to a week. Many people with Zika will not have any signs or symptoms.

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## Zika Virus and Pregnancy



- Zika virus infection during pregnancy can cause certain birth defects such as microcephaly. Microcephaly is a birth defect where a baby's brain is smaller than normal. This can cause a range of problems from mild to severe and are often lifelong.
  - Research shows that Guillain-Barre syndrome (GBS) is strongly linked with Zika. However, only a small number of people infected with Zika get GBS. GBS is an uncommon sickness of the nervous system.
  - There is no evidence that past Zika infection can harm future pregnancies.
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Talk to your doctor if you plan on traveling to an area with past or current spread of Zika. You should also talk to your doctor if you have any of these symptoms after visiting one of these areas. Your doctor may take urine or blood samples to test for Zika. There is no specific treatment for Zika virus, but symptoms can be treated with over-the-counter drugs.

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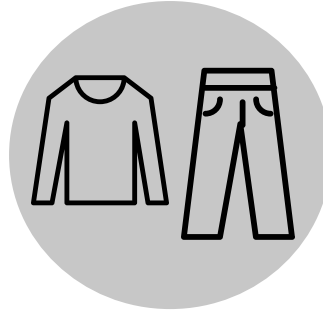
# Preventing Zika Virus

The best way to prevent Zika is to protect yourself and your family from mosquito bites. This is really important when traveling to areas with risk of Zika.



Use an EPA-approved repellent for use on skin such as:

- DEET
- Oil of Lemon Eucalyptus
- IR 3535
- Picaridin



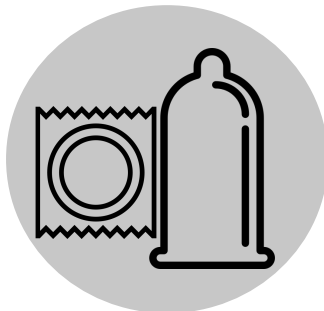
Wear long-sleeved shirts and long pants when outside



Use permethrin on clothing



Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outside



Use condoms when having sex, especially with anyone who lives in or traveled to an area with risk of Zika virus\*



Do not travel to areas with risk of Zika if pregnant

\* Condoms include male and female condoms. Condoms should be used from start to finish, every time during vaginal, anal, and oral sex and the sharing of sex toys.

## For More Information, Visit:



1. [www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/zika](http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/zika)
2. [www.cdc.gov/zika/](http://www.cdc.gov/zika/)
3. [wwwnc.cdc.gov/travel/page/zika-information](http://wwwnc.cdc.gov/travel/page/zika-information) (Zika Travel Information)
4. [www.epa.gov/insect-repellents/find-repellent-right-you](http://www.epa.gov/insect-repellents/find-repellent-right-you) (For EPA approved repellents)

You can also call Maine CDC at 1-800-821-5821.