

Zika Virus in Florida

WHAT YOU NEED TO KNOW



What We Know

- ▶ Zika is spread mostly by the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). These mosquitoes are aggressive daytime biters. They can also bite at night.
- ▶ Zika can be passed from a [pregnant woman](#) to her fetus. Infection during pregnancy can cause certain birth defects.
- ▶ There is no vaccine or medicine for Zika.
- ▶ The Florida Department of Health has identified an area in one neighborhood of Miami where Zika is being spread by mosquitoes. [Learn more.](#)

► The Florida Department of Health has identified an area in one neighborhood of Miami where Zika is being spread by mosquitoes. This guidance is for people who live in or traveled to this area any time after June 15 (based on the earliest time symptoms can start and the maximum 2-week incubation period for Zika virus).



Overview

- ▶ Zika can be transmitted through
- ▶ Mosquito bites
- ▶ From a pregnant woman to her fetus
- ▶ Sex
- ▶ Blood transfusion (very likely but not confirmed)
- ▶

Transmission & Risks

▶ Through mosquito bites

- ▶ Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). These are the same mosquitoes that spread [dengue](#) and [chikungunya](#) viruses.
- ▶ These mosquitoes typically lay eggs in and near standing water in things like buckets, bowls, animal dishes, flower pots and vases. They prefer to bite people, and live indoors and outdoors near people.
 - ▶ Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters, but they can also bite at night.
- ▶ Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.

▶ From mother to child

- ▶ A pregnant woman can pass Zika virus to her fetus during pregnancy. Zika is a cause of microcephaly and other severe fetal brain defects. We are studying the full range of other potential health problems that Zika virus infection during pregnancy may cause.
- ▶ A pregnant woman already infected with Zika virus can pass the virus to her fetus during the pregnancy or around the time of birth.
- ▶ To date, there are no reports of infants getting Zika virus through breastfeeding. Because of the benefits of breastfeeding, mothers are encouraged to breastfeed even in areas where Zika virus is found.

Transmission & Risks

▶ **Through sex**

- ▶ Zika can be passed [through sex](#) from a person who has Zika to his or her partners. Zika can be passed through sex, even if the infected person does not have symptoms at the time.
 - ▶ It can be passed from a person with Zika before their symptoms start, while they have symptoms, and after their symptoms end.
 - ▶ Though not well documented, the virus may also be passed by a person who carries the virus but never develops symptoms.
- ▶ Studies are underway to find out how long Zika stays in the semen and vaginal fluids of people who have Zika, and how long it can be passed to sex partners. We know that Zika can remain in semen longer than in other body fluids, including vaginal fluids, urine, and blood.

▶ **Through blood transfusion**

- ▶ As of February, 1, 2016, there have not been any confirmed blood transfusion transmission cases in the United States.
- ▶ There have been multiple reports of blood transfusion transmission cases in Brazil. These reports are currently being investigated.
- ▶ During the French Polynesian outbreak, 2.8% of blood donors tested positive for Zika and in previous outbreaks, the virus has been found in blood donors.

▶ **Through laboratory exposure**

- ▶ Prior to the current outbreak, there were four reports of laboratory acquired Zika virus infections, although the route of transmission was not clearly established in all cases.
- ▶ As of June 15, 2016, there has been one reported case of laboratory-acquired Zika virus disease in the United States.

Symptoms, Testing, & Treatment

- ▶ What we know
- ▶ Many people infected with Zika virus won't have symptoms or will only have mild symptoms.
- ▶ A blood or urine test can confirm Zika infection diagnosis.
- ▶ There is no specific medicine for Zika.

Symptoms

▶ Many people infected with Zika virus won't have symptoms or will only have mild symptoms. The most common symptoms of Zika are

- ▶ Fever Rash
- ▶ Joint pain Conjunctivitis (red eyes)

▶ Other symptoms include:

- ▶ Muscle pain Headache

▶ How long symptoms last

▶ Zika is usually mild with symptoms lasting for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected. Symptoms of Zika are similar to other viruses spread through mosquito bites, like dengue and chikungunya.

▶ How soon you should be tested

▶ Zika virus usually remains in the blood of an infected person for about a week. See your doctor or other healthcare provider if you develop symptoms and you live in or have recently traveled to an area with Zika. Your doctor or other healthcare provider may order blood tests to look for Zika or other similar viruses like dengue or chikungunya. Once a person has been infected, he or she is likely to be protected from future infections.

▶ When to see a doctor or healthcare provider

▶ See your doctor or other healthcare provider if you have the symptoms described above and have visited an [area with Zika](#), this is especially important if you are [pregnant](#). Be sure to tell your doctor or other healthcare provider where you traveled.

▶ If you think you have Zika

▶ See your doctor or other healthcare provider for a [diagnosis](#).

▶ Learn what you can do for [treatment](#).

▶ Learn how you can [protect others if you have Zika](#).

Testing for Zika

▶ **Diagnosis**

- ▶ Diagnosis of Zika is based on a person's recent travel history, symptoms, and test results.
- ▶ A blood or urine test can confirm a Zika infection.
- ▶ Your doctor or other healthcare provider may order blood tests to look for Zika or other similar viruses like dengue or chikungunya.

▶ **Sexual Transmission and Testing**

- ▶ CDC recommends Zika virus testing for people who may have been exposed to Zika through sex and who have Zika symptoms.
- ▶ A pregnant woman with possible exposure to Zika virus from sex should be tested if either she or her male partner develops symptoms of Zika.
- ▶ Testing blood, semen, or urine is not recommended to determine how likely a man is to pass Zika virus through sex. This is because there is still a lot we don't know about the virus and how to interpret test results. Available tests may not accurately identify the presence of Zika or a man's risk of passing it on.
- ▶ As we learn more and as tests improve, these tests may become more helpful for determining a man's risk of passing Zika through sex.

Treatment

- ▶ There is no specific medicine or vaccine for Zika virus.
- ▶ Treat the symptoms.
- ▶ Get plenty of rest.
- ▶ Drink fluids to prevent dehydration.
- ▶ Take medicine such as acetaminophen (Tylenol®) or paracetamol 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.

Mosquito Control

Protect yourself and your family from mosquito bites

1. Use Insect Repellent

Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#) with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin , also known as KBR 3023 , Bayrepel , and icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart



Tips for Everyone

- 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 first and insect repellent second.

Mosquito Control

Protect yourself and your family from mosquito bites

Tips for Babies & Children



- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months old.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
 - Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.

Mosquito Control

Protect yourself and your family from mosquito bites

2. Protect your baby or child

- Dress your child in clothing that covers arms and legs.
- Cover crib, stroller, and baby carrier with mosquito netting.

3. Treat clothing and gear

- Treat items, such as boots, pants, socks, and tents, with permethrin or buy permethrin-treated clothing and gear.
 - Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
 - If treating items yourself, follow the product instructions.
 - Do not use permethrin products directly on skin.

4. Take steps to control mosquitoes inside and outside your home

- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- Use air conditioning when available.
- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home. Mosquitoes lay eggs near water.

