



## Zika FAQ

### General

Zika virus is a disease spread to people primarily through the bite of an infected *Aedes* species mosquito (*A. aegypti* and *A. albopictus*). These species of mosquitos are not found in Colorado.

The mosquitoes that spread Zika virus are aggressive daytime biters, but they will also bite at night. These same mosquitoes also spread the Dengue and Chikungunya viruses. Currently, the Zika virus has not been transmitted by mosquitoes found in the continental United States, but cases have been reported in returning travelers.

### Transmission

- Zika virus is spread to people primarily through the bite of an infected *Aedes* species mosquito (*A. aegypti* and *A. albopictus*). During the first week of infection, Zika virus can be found in a person's blood and can pass from an infected person to a mosquito through mosquito bites. An infected mosquito can then spread the virus to other people. To help prevent others from getting sick, strictly follow steps to prevent mosquito bites.
- Zika virus can be passed from a mother to her baby during pregnancy. CDC is studying how this transmission occurs.
- Sexual transmission of the Zika virus has been confirmed by men to their partners. CDC recommends that men who have lived in or traveled to an area with Zika virus should either not have sex or use condoms the right way every time for vaginal, anal, and oral sex. At this time, there is no evidence that women can transmit Zika virus to their sex partners. Additionally, CDC recommends that pregnant women talk with their healthcare providers about their male partner's potential exposures to Zika virus and symptoms of Zika-like illness.
- Spread of the virus through blood transfusion has been reported and is being investigated.
- To date, there are no reports of infants getting Zika through breastfeeding. Because of the benefits of breastfeeding, mothers are encouraged to breastfeed even in areas where Zika virus is found.

### Current CDC Response

CDC has issued travel notices for people traveling to certain locations where Zika virus transmission is ongoing. For these notices and an up-to-date list of destinations with confirmed Zika transmission, visit the CDC's Zika Travel Information page. <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

There are no restrictions for travelers entering the United States who have contracted Zika virus. CDC is not conducting enhanced entry screening of arriving travelers for Zika at this time. Only 1 in 5 individuals infected with Zika show symptoms, therefore entry screening will not work to prevent imported cases.

Some babies with microcephaly have been reported among mothers who were infected with Zika virus while pregnant. Researchers are studying the possible link between this and Zika virus infections. Microcephaly is a condition in which a baby's head is much smaller than expected potentially causing developmental damage.

## Prevention:

CDC recommends the following:

- Pregnant women
  - Consider postponing travel to any area where Zika virus is spreading.
  - If you must travel to one of these areas, talk to your healthcare provider first and strictly follow steps to avoid mosquito bites during the trip.
  - If you have a male partner who lives in or has traveled to an area where Zika is spreading, either do not have sex or use condoms consistently and correctly during your pregnancy.
- Women trying to get pregnant
  - Before you or your male partner travel, talk to your healthcare provider about your plans to become pregnant and the risk of Zika virus infection.
  - You and your male partner should strictly follow steps to prevent mosquito bites during the trip.
- The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites. Here's how:
  - Wear long-sleeved shirts and long pants.
  - Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
  - Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
  - Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.
  - If you are also using sunscreen, apply sunscreen before applying insect repellent.
  - Treat clothing and gear with permethrin or buy permethrin-treated items. Follow label instructions on permethrin products.
- For infants and children:
  - Do not use insect repellent on babies younger than 2 months of age.
  - 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, and cut or irritated skin.
  - Adults: Spray insect repellent onto your hands and then apply to a child's face.

For additional information call CO-HELP (1-877-462-2911 or 303-389-1687) or refer to the CDC website:

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

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