



Zika Virus

- There have been no reports of Zika spread by mosquito bites in the United States, except in Puerto Rico. The types of mosquitoes known to carry Zika are not found in Oregon.
- At this time, there is no vaccine and no medicine to prevent or treat Zika virus.
- Women who are pregnant are advised to avoid travel to areas where Zika is found at this time.
- For people traveling to areas where Zika is spread by mosquitoes, not getting bit by mosquitos is the best way to block infection.
 - Steps to avoid mosquito bites
 - Wear long-sleeved shirts and long pants.
 - Stay in places with air conditioning or places with window and door screens to keep mosquitoes out.
 - Sleep under a mosquito bed net if you are overseas or outside.
 - More CDC information: <http://wwwnc.cdc.gov/travel/page/avoid-bug-bites>
- Zika virus can be spread to sexual partners by men who show Zika symptoms after infection. Zika infections have been found in persons who did not travel outside of the United States, but who did have sex with a partner who was in an area with Zika.
- 80% of people who get Zika show no signs of being sick. Those who do get sick usually have fever, rash, joint pain, and red eyes. Other symptoms can include muscle pain and headache.
- Signs of being sick with Zika virus usually show up 3 to 14 days after getting bitten by an infected mosquito or having sex with an ill person. Severe disease is uncommon, and hospitalization is rare.
- There is increasing evidence that Zika infection during pregnancy may be linked to birth defects.
- To avoid spreading Zika virus to pregnant women, men returning to the United States from Zika outbreak regions should protect their pregnant partners by using condoms during sex every time or by not having sex for the length of pregnancy.
- Testing for Zika virus is only available right now for people with signs of Zika illness who have returned from living in or visiting a Zika-affected area in the past two weeks, or pregnant women without signs of Zika illness who have returned from a Zika-affected area in the past 2-12 weeks.
- For more information:
 - Oregon Health Authority Zika Virus Page:
<https://public.health.oregon.gov/DiseasesConditions/DiseasesAZ/Pages/disease.aspx?di d=131>
 - CDC Zika Virus Page:
<https://public.health.oregon.gov/DiseasesConditions/DiseasesAZ/Pages/disease.aspx?di d=131>