



# Zika Virus

Zika virus is transmitted primarily through the bite of an infected *Aedes* species mosquito. These mosquitoes are not native to California but have been detected in several California Counties. According to the California Department of Public Health (CDPH) there has been no local transmission of Zika virus in California, although, CDPH has confirmed numerous cases of travel-associated infection in the state. Transmission has also been reported through sexual contact with an infected person, from a pregnant woman to her fetus, through blood transfusion, and through laboratory exposure.



Pregnant women should not travel to Zika-affected areas. Additionally, pregnant women with partners who have traveled to an area with Zika should abstain from sex or use condoms for the duration of the pregnancy. Zika virus infection in pregnant women can cause microcephaly (abnormally small head and brain) and other serious nervous system abnormalities in newborns. If you are pregnant and were potentially exposed to Zika (either through travel to an area with Zika or through unprotected sex with someone who traveled to an area with Zika), talk to your healthcare provider regardless of whether or not you have Zika symptoms.

There is currently no vaccine or treatment for Zika other than supportive care, rest, fluids and fever relief. Most people infected with Zika are asymptomatic, however, those who do have symptoms report, rash, fever, joint pain and conjunctivitis. Symptoms may last several days to a week after being bitten by an infected mosquito. Rarely, people may experience severe illness.

To prevent mosquito bites, apply repellents containing U.S. Environmental Protection Agency-**registered ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol** products to exposed skin and /or clothing (use as directed on the product label). When used as directed these repellents are proven safe and effective, even for pregnant and breastfeeding women. Individuals should wear long-sleeved shirts, long pants, socks and shoes to help protect against mosquito bites. Be sure window and door screens are in good condition to prevent mosquitoes from entering your home. Empty standing water from all containers around your home, such as flowerpots, gutters, buckets, etc.

More information about Zika can be found on the [CDPH](#) and [CDC](#) websites.