

TRAVEL WARNING FOR PREGNANT WOMEN

Zika Virus: What you need to know



Mosquitoes that spread Zika are active daytime biters.



Use insect repellent and wear long sleeved clothes.



Common symptoms of Zika virus are fever, rash, joint pain, and red eyes.

If you are sick, see your doctor. Tell them where you traveled.



IF YOU DO NOT HAVE A DOCTOR, CONTACT PUBLIC HEALTH AT (209) 558-5678

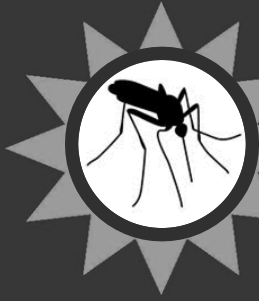


Zika virus may be passed from mother to child while pregnant or during birth.



CONSEJOS PARA MUJERES EMBARAZADAS QUE PLANEAN VIAJAR

El virus Zika: Información que debe de conocer



Los mosquitos que transmiten el virus del Zika son muy activos durante el día.



Use repelente para mosquitos y ropa con mangas largas.



Síntomas comunes del virus Zika incluyen fiebre, salpullido, ojos rojos y dolor en las articulaciones.

Si se encuentra enfermo(a), contacte a su médico y mencione a donde ha viajado.



SI NO TIENE UN MÉDICO, PUEDE LLAMAR A SALUD PÚBLICA A (209) 558-5678



El virus del Zika puede transmitirse de madre a hijo(a) durante el embarazo o el parto.



Este mapa muestra los lugares donde se ha encontrado el virus.

Mujeres embarazadas se les aconseja evitar viajar a dichos países.

Si planea viajar a estas áreas, hable con su médico acerca de formas de protegerse.



Zika Fact Sheet

What is Zika?

Zika is an infectious disease caused by the Zika virus, which is transmitted to people by *Aedes* mosquitoes. Symptoms of Zika typically include fever, rash, joint pain, and/or red eyes.

Where does Zika occur?

Zika occurs in many tropical and sub-tropical areas of the world, particularly in Africa, Southeast Asia, and islands in the Pacific Ocean. Recent outbreaks have occurred in [Latin America and the Caribbean](#).

How do people get Zika?

Zika virus is transmitted by *Aedes aegypti* mosquitoes (also known as yellow fever mosquitoes) and by *Aedes albopictus* mosquitoes (also known as Asian tiger mosquitoes). These mosquitoes are not native to California. However, since 2011 they have been detected in [several California counties](#). An *Aedes* mosquito can only transmit Zika virus after it bites a person who has this virus in their blood. Thus far in California, Zika virus infections have been documented only in a few people who were infected while travelling outside the United States. A person with Zika is not contagious. Zika is not spread through casual contact such as touching or kissing a person with the virus, or by breathing in the virus.

What are the symptoms of Zika?

Most people infected with Zika virus have no symptoms. If symptoms develop, the most common are fever, rash, joint pain, and/or red eyes. Symptoms usually begin 3-7 days after being bitten by an infected mosquito and last several days to a week. There are other causes of fever and painful joints. Your healthcare provider can order different tests to help determine the cause.

What's the relationship between Zika virus and microcephaly in newborns?

There is a possible association between Zika and [microcephaly](#) (abnormally small head) in newborns. It is suspected that pregnant women who contract Zika virus through the bite of an infected mosquito are at risk of the fetal birth defect. However, there are many causes of microcephaly in babies, and whether Zika virus infection causes fetal microcephaly has not been confirmed. Studies are needed to understand this possible relationship.

Until more is known, and out of an abundance of caution, the California Department of Public Health recommends special travel precautions for pregnant women and women trying to become pregnant:

- Pregnant women in any trimester should consider postponing travel to areas where Zika virus transmission is ongoing. Pregnant women who must travel to one of these areas should talk to their healthcare provider first and strictly follow [steps to avoid mosquito bites](#) during the trip.
- Women trying to become pregnant should consult with their healthcare provider before traveling to these areas and strictly follow [steps to avoid mosquito bites](#) during the trip.
- Pregnant women who traveled to an area with ongoing Zika virus transmission during pregnancy should be evaluated for Zika virus infection if they had any symptoms suggestive of Zika or if their baby has evidence of microcephaly. Other mosquito-borne virus infections, such as dengue and chikungunya, should be ruled out in these patients.



What's the relationship between Zika virus and Guillain-Barré Syndrome?

Guillain-Barré syndrome (GBS) is a rare autoimmune disease affecting the nervous system leading to muscle weakness. Cases of GBS were reported among some persons with Zika in the French Polynesia Zika outbreak in 2013-2014, and an increase of GBS cases has recently been noted in Brazil and El Salvador where Zika outbreaks are ongoing. Whether Zika virus infection causes GBS is still not clear and awaits additional studies.

How is Zika treated?

There is no specific treatment for Zika. Talk with your health care provider about medications to help reduce fever and pain; rest and fluids are also helpful. Most people will feel better in about a week.

What can people do to keep from getting Zika?

There is no vaccine to prevent Zika. In areas where Zika is present, everyone, including pregnant women and women of childbearing age, should protect themselves from mosquito bites.

- Mosquito repellents containing DEET, picaridin, IR3535, and oil of lemon eucalyptus should be applied to exposed skin and clothing.
- **Using insect repellent is safe and effective. Pregnant women and women who are breastfeeding can and should choose an EPA-registered insect repellent and use it according to the product label.**
- When weather permits, wear long-sleeved shirts and long pants.
- Use air conditioning or window/door screens to keep mosquitoes outside. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.

What can people do to help prevent Zika from becoming established in California?

- If you are sick with fever and joint pain after returning from an area where Zika occurs, contact your healthcare provider and avoid mosquito bites to help prevent possible spread of the virus.
- To reduce mosquito breeding, check your yard often for water-filled containers. Clean and scrub bird baths and pet-watering dishes weekly and dump the water from overflow dishes under potted plants and flower pots. Check that gutters are not holding water.
- Contact your local vector control agency if you detect unusual numbers of mosquitoes or you are being bitten during the day.

Where can I find more information about Zika?

U.S. Centers for Disease Control and Prevention:

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

California Department of Public Health:

<http://www.cdph.ca.gov/HealthInfo/discond/Pages/Aedes-albopictus-and-Aedes-aegypti-Mosquitoes.aspx>

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GOING TO THE AMERICAN TROPICS?

MOSQUITOES spread **DENGUE, CHIKUNGUNYA, ZIKA,** and other diseases



Mosquitoes bite day and night.
Prevent mosquito bites:

- Use insect repellent
- Use air conditioning or window/door screens
- Wear long-sleeved shirts and long pants



DON'T LET MOSQUITOES RUIN YOUR TRIP

For more information, visit www.cdc.gov/travel



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

RECENTLY IN THE AMERICAN TROPICS?

MOSQUITOES spread **DENGUE**,
CHIKUNGUNYA,
ZIKA, and
other diseases



2 WEEKS						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



Watch for fever with
joint, muscle, or eye
pain, or a rash in the
next 2 weeks.



If you get sick, see a doctor.
Tell the doctor where you traveled.



For more information, visit www.cdc.gov/travel.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Mosquito Bite Prevention for Travelers



Mosquitoes spread many types of viruses and parasites that can cause diseases like chikungunya, dengue, Zika, and malaria. If you are traveling to an area where malaria is found, talk to your healthcare provider about malaria prevention medication that may be available.

Protect yourself and your family from mosquito bites. Here's how:

Keep mosquitoes out of your hotel room or lodging

- ♦ Choose a hotel or lodging with air conditioning or screens on windows and doors.
- ♦ Sleep under a mosquito bed net if you are outside or in a room that is not well screened. Mosquitoes can live indoors and will bite at any time, day or night.
 - » Buy a bed net at your local outdoor store or online before traveling overseas.
 - » Choose a WHOPEs-approved bed net (like Pramax*): compact, white, rectangular, with 156 holes per square inch, and long enough to tuck under the mattress.
 - » Permethrin-treated bed nets provide more protection than untreated nets.
 - Permethrin is an insecticide that kills mosquitoes and other insects.
 - Do not wash bed nets or expose them to sunlight. This will break down the insecticide more quickly.
 - » For more information on bed nets: www.cdc.gov/malaria/malaria_worldwide/reduction/itn.html



Cover up!

- ♦ Wear long-sleeved shirts and long pants.
- ♦ Mosquitoes may bite through thin clothing. Treat clothes with permethrin or another Environmental Protection Agency (EPA)-registered insecticide for extra protection.



Use only an EPA-registered insect repellent

- ♦ Consider bringing insect repellent with you.
- ♦ Always follow the product label instructions.
- ♦ Reapply insect repellent every few hours.
 - » Do not spray repellent on the skin under clothing.
 - » If you are also using sunscreen, apply sunscreen first and insect repellent second.
- ♦ For more information: www2.epa.gov/insect-repellents

Natural insect repellents **not** registered with EPA

- ♦ In the United States, the EPA has not evaluated for effectiveness most of the commonly known natural insect repellents.
 - » Examples of ingredients used in unregistered insect repellents include: citronella oil, cedar oil, geranium oil, peppermint and peppermint oil, pure oil of lemon eucalyptus, soybean oil.
 - » **CDC recommends that you use an insect repellent containing an active ingredient shown to be both safe and effective.**



Use an insect repellent with one of the following active ingredients:

Active ingredient

Higher percentages of active ingredient provide longer protection



Some brand name examples*

(Insect repellents may be sold under different brand names overseas.)

DEET

Off!, Cutter, Sawyer, Ultrathon

Picaridin, also known as **KBR 3023**, **Bayrepel**, and **icaridin**

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, Skin Smart



If you are travelling with a baby or child:



- ♦ Always follow instructions when applying insect repellent to children.
- ♦ Do not use insect repellent on babies younger than 2 months of age.
- ♦ Instead, dress infants or small children in clothing that covers arms and legs, or cover the crib, stroller, and baby carrier with mosquito netting.
 - » Adults: Spray insect repellent onto your hands and then apply to a child's face. Do not apply insect repellent to a child's hands, mouth, cut or irritated skin.

Treat clothing and gear



- ♦ Use permethrin to treat clothing and gear (such as boots, pants, socks, tents) or purchase permethrin-treated clothing and gear. Read product information to find out how long the protection will last.
- ♦ If treating items yourself, always follow the product instructions.
- ♦ Do **not** use permethrin products directly on skin.

* The use of commercial names is to provide information about products; it does not represent an endorsement of these products by the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.