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FAQs on ZIKA Virus

What is ZIKA Virus?

Zika virus disease is caused by a virus that is transmitted by mosquitoes found in the tropics that bite throughout the day, and can bite at night.

How can I contract the ZIKA Virus? Wayne County Department of Health, Veterans and Community Wellness reminds residents traveling to Latin America and the Caribbean to take precautions while traveling to these areas to prevent being bitten by mosquitoes that carry Zika. These mosquitoes are NOT found in Michigan. Zika can also be sexually transmitted. See the sidebar for information.

What are the symptoms of the ZIKA Virus?

Most people who are infected with Zika do not get sick. If they do, symptoms begin 3-14 days after the mosquito bite. Symptoms are usually mild, and include, fever, rash, red eyes and joint pains. Zika has been associated with a birth defect in babies born to mothers who were infected while pregnant. Zika is also associated with a neurological disease Guillain-Barre Syndrome, which causes paralysis.



How is ZIKA Virus treated?

There is no specific treatment for ZIKA and no vaccine to prevent it.

What if I'm trying to conceive a child?

Women who are pregnant or trying to become pregnant should talk to their health care providers, and consider postponing travel to areas with active Zika transmission.

How can I prevent contracting the ZIKA Virus?

To prevent Zika via mosquito bites:

- o Wear long-sleeved shirts and long pants.
- o Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- o Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
- o Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.
 - o Always follow the product label instructions.
 - o Reapply insect repellent as directed.
 - o Do not spray repellent on the skin under clothing.
 - o If you are also using sunscreen, apply sunscreen before applying insect repellent.

To prevent Zika via sexual transmission:

- o Potentially exposed men whose partners are currently pregnant should abstain from sex or use condoms consistently for the duration of the pregnancy.
- o Men who are returning from areas with current Zika transmission, who have had symptoms, should abstain from sex or use condoms consistently for 6 months.
- o Men who are returning from areas with current Zika transmission who have not had symptoms should abstain from sex or use condoms consistently for 8 weeks.
- o Women who are returning from areas with current Zika transmission should abstain from sex or use condoms consistently for 8 weeks.

For more information, visit the CDC website at <http://www.cdc.gov/zika/index.html>

