

FACT SHEET

Zika Virus

What is Zika virus?

Zika virus is a mosquito-borne virus that, in most people, causes mild "flu-like" illness. Zika infection during pregnancy can cause a birth defect of the brain called microcephaly and other severe brain defects. It is also linked to other problems, such as miscarriage, stillbirth, and other birth defects. There have also been increased reports of Guillain-Barre syndrome, an uncommon sickness of the nervous system, in areas affected by Zika.

How is it spread?

Zika is most commonly spread by the bite of an infected *Aedes* species mosquito. Zika can be passed from a pregnant woman to her fetus. Zika can also be passed through sex from a person who has Zika to his or her sex partners.

What are the symptoms?

Many people infected with Zika virus won't have symptoms or will only have mild symptoms. Symptoms may include:

- Fever
- Headache
- Red eyes (conjunctivitis)
- Joint and muscle pain
- Skin rash

How is it prevented?

The most effective way to prevent Zika virus is to prevent mosquito bites.

- Use insect repellent,
- Wear long-sleeved shirts and pants,
- Treat clothing and gear with insect repellent, and
- Take steps to control mosquitoes indoors and outdoors.

Condoms can also prevent transmission.

How is it treated?

There is no vaccine or specific treatment for Zika virus infection. If you think you or a family member might have become infected with Zika virus, talk with your health care provider. Get plenty of rest and stay hydrated.

This fact sheet is for informational purposes only and is not intended for self-diagnosis or as a substitute for consultation with a health care provider. For more information contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov.