ZIKA VIRUS FACTS:

- Zika virus is spread to people primarily through the bite of an infected *Aedes* species mosquito. (It can also be spread through sexual contact with someone infected.)
- About 1 in 5 people infected with Zika virus become ill (i.e., develop Zika).
- The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache. *Let your healthcare provider know if you have traveled recently and have these symptoms*
- The illness is usually mild with symptoms lasting for several days to a week
- People usually don’t get sick enough to go to the hospital, and they very rarely die of Zika.


**TREATMENT - Treat the Symptoms!**
- Get plenty of rest
- Drink fluids to prevent dehydration
- Take medicine such as acetaminophen (Tylenol®) to relieve fever and pain

**FOR PROTECTION AGAINST TICKS AND MOSQUITOES:**

- Use a repellent that contains 20% or more DEET for protection that lasts up to several hours. Products containing DEET include Off!, Cutter, Sawyer, and Ultrathon.
- Products with one of the following active ingredients can also help prevent mosquito bites (not ticks).
  - Picaridin (include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan [outside the US])
  - Oil of lemon eucalyptus (OLE) or PMD (include Repel and Off! Botanicals)
  - IR3535 (include Skin So Soft Bug Guard Plus Expedition and SkinSmart)
    - *Always follow product directions and reapply as directed.
    - *If you are also using sunscreen, apply sunscreen first and insect repellent second.

- Consider using *permethrin-treated* clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself – follow product instructions. Do not use permethrin directly on skin.
- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Stay and sleep in screened (bed net) and/or air-conditioned rooms.


The above information was obtained from cdc.gov. See their website for the most up-to-date information and statistics.