

Zika virus is primarily transmitted to people through the bite of an infected mosquito. Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites. These mosquitoes most frequently bite during the daytime, both indoors and outdoors. The virus can also spread through infected blood and sexual contact.

### *Zika and Pregnancy*

Pregnant women can spread infection to their babies during pregnancy. Women who are pregnant are encouraged to postpone travel to any area where Zika virus is spreading. If you must travel to one of these areas and you are pregnant or trying to become pregnant, talk to your doctor first and strictly follow steps to prevent mosquito bites during your trip.

Until we know more, if your male sexual partner has traveled to or lives in an area with active Zika virus transmission, you should abstain from sex or use condoms the correct way every time you have vaginal, anal and oral sex for the duration of the pregnancy.

### *Symptoms*

Only about one in five people who get bitten by a mosquito with Zika virus will develop signs of the illness. Symptoms can begin within a week after being bitten by an infected mosquito. Symptoms are usually mild and may include:

- Fever • Headache • Joint Pain • Muscle Pain • Conjunctivitis (Red Eyes) • Rash

### *Treatment*

There is no vaccine, preventative drug, or specific treatment available for Zika. Symptoms experienced with an infection should be treated with supportive care (e.g., rest, fluids, and acetaminophen).

# Zika

Information Guide page 1 of 2

## *Prevention*

The best way to prevent infection is to protect yourself from mosquito bites. Mosquito exposure prevention tips include:

- Using 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.
- Using mosquito repellents according to instructions.
- If weather permits, wearing long-sleeved shirts and long pants.
- Helping to reduce the number of mosquitoes outside your home by emptying standing water from containers, such as flowerpots or buckets.

The Tulsa Health Department operates a mosquito surveillance program and works to control mosquito populations during warm months, typically May through September. You may see the spraying trucks in your neighborhood. Call the mosquito hotline at 918-595-4219 to place a complaint about mosquitoes in your area or visit [www.tulsa-health.org](http://www.tulsa-health.org) to submit an online Environmental Complaint Form. More information regarding mosquito control and protection is also available on the THD website.

If you have questions about the Zika virus please call 918-595-4399 to speak with an epidemiologist.

