

## What should I do if I suspect that I have Zika?

- Contact your healthcare provider for a diagnosis
- Get plenty of rest
- Drink fluids to prevent dehydration
- Take medicine such as acetaminophen to reduce fever and pain
- **DO NOT** take **aspirin** or other **non-steroidal anti-inflammatory drugs**.
- **PROTECT OTHERS:** During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another person through mosquito bites. An infected mosquito can then spread the virus to other people. To help prevent others from getting sick, avoid mosquito bites during the first week of illness.

## Is there a vaccine to prevent Zika or medicine to treat it?

No. There is no vaccine to prevent infection or medicine to treat Zika.

## Are you immune for life once infected?

Once a person has been infected, he or she is likely to be protected from future infections.

## Does Zika virus infection in pregnant women cause birth defects?

There have been reports of a serious birth defect of the brain called microcephaly (a condition in which a baby's head is smaller than expected when compared to babies of the same sex and age) and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant.

*Knowledge of the link between Zika and these outcomes is evolving, but until more is known, the CDC (Center for Disease Control) recommends that individuals take special precautions to prevent mosquito bites.*

## Does Zika virus infection cause Guillain-Barré Syndrome (GBS)?

Guillain-Barré Syndrome (GBS) is a rare disorder where a person's own immune system damages the nerve cells, causing muscle weakness and sometimes, paralysis. These symptoms can last a few weeks or several months. While most people fully recover from GBS, some people have permanent damage and in rare cases, people have died.

We do not know if Zika virus infection causes GBS. It is difficult to determine if any particular pathogen "caused" GBS. The Brazil Ministry of Health is reporting an increased number of people affected with GBS. CDC is working to determine if Zika and GBS are related.

## Is this a new virus?

No. Outbreaks of Zika previously have been reported in tropical Africa, Southeast Asia, and the Pacific Islands. Zika virus likely will continue to spread to new areas. In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil.

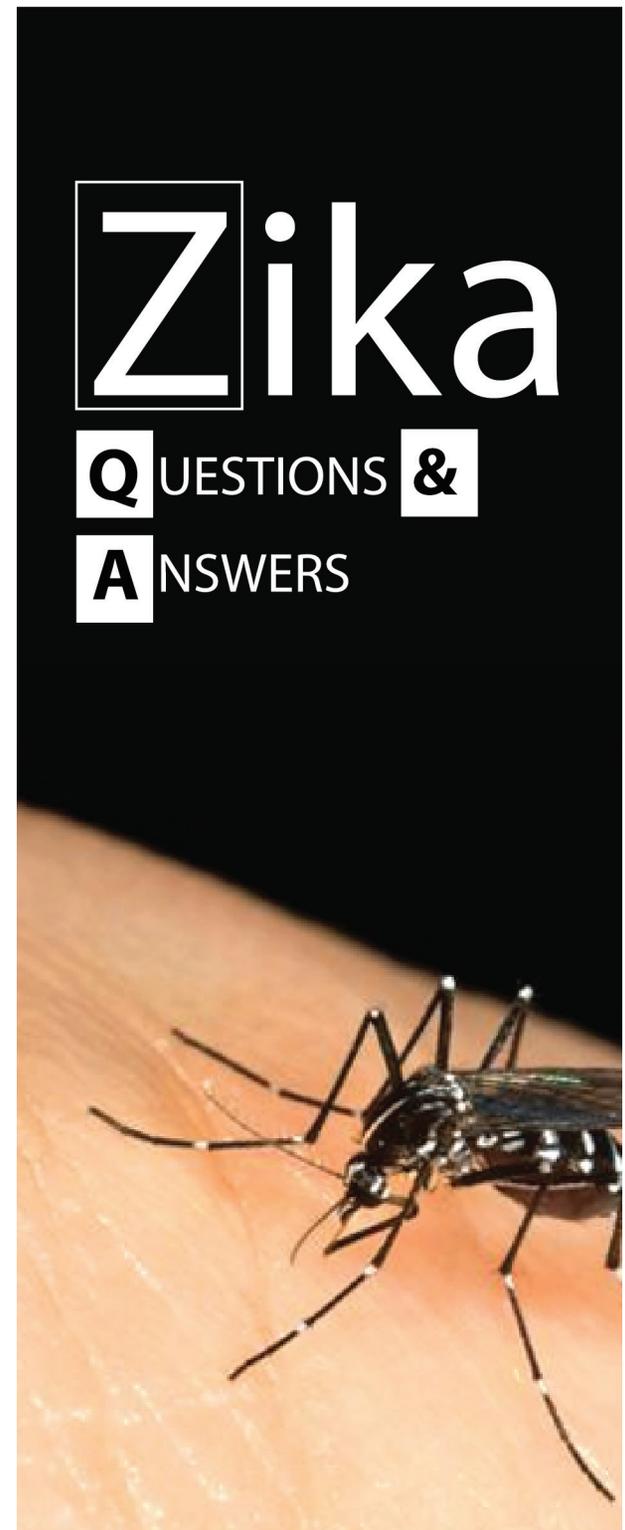
### For more Information please contact:

Ministry of Health and Social Development  
Telephone: 1-284-468-2280,  
Website: [www.bvi.gov.vg](http://www.bvi.gov.vg)

Center for Disease Control  
Website: [www.cdc.gov](http://www.cdc.gov)

World Health Organization  
Website: [www.who.int](http://www.who.int)

Pan American Health Organization  
Website: [www.paho.org](http://www.paho.org)



## What is Zika virus disease (Zika)?

Zika is a disease caused by Zika virus that is spread to people primarily through the bite of an infected Aedes species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week. Symptoms typically begin 2 to 7 days after being bitten by an infected mosquito.

About 1 in 5 people infected with Zika will get sick. For people who get sick, the illness is usually mild. For this reason, many people might not realize they have been infected.

## How is Zika transmitted?

Zika is primarily transmitted through the bite of infected Aedes mosquitoes. Mosquitoes become infected when they bite a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites. It may also be transmitted from a pregnant mother to her baby during pregnancy or around the time of birth. We do not know how often Zika is transmitted from mother to baby during pregnancy or around the time of birth.



## Who is at risk of being infected?

Anyone who is living in or traveling to an area where Zika virus is found who has not already been infected with Zika virus is at risk for infection, including pregnant women.

## What can people do to prevent becoming infected with Zika?

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to avoid being bitten. Protect yourself and your family from mosquito bites.

### Here's how for an adult:

1. Wear long-sleeved shirts and long pants.
2. Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
3. Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
4. Use Environmental Protection Agency (EPA)-registered insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.

#### If you use an insect repellent:

- Always follow the product label instructions.
- Apply insect repellent as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen before applying insect repellent.

### Here's how for a baby or child:

1. Dress your child in clothing that covers arms and legs.
2. Cover crib, stroller, and baby carrier with mosquito netting.
3. **DO NOT** use insect repellent on babies younger than 2 months of age.
4. **ADULTS:** Spray insect repellent onto your hands and then apply to a child's face.
5. **DO NOT** apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.

## What are the symptoms of Zika?

The symptoms of Zika are similar to other tropical viral diseases like dengue or chikungunya.

- Fever
- Rash
- Joint Pain
- Red Eyes

## How is Zika diagnosed?

Your healthcare provider may order blood tests to look for Zika or other similar viral diseases like dengue or chikungunya. If you have recently traveled, tell your healthcare provider.

## What is the treatment for Zika?

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine such as acetaminophen to reduce fever and pain.
- **DO NOT** take aspirin or other non-steroidal anti-inflammatory drugs.
- If you are pregnant or taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

