



ZIKA VIRUS

What is it?

The Zika virus is spread mostly through the bite of an infected mosquito. The Zika virus can be spread from a pregnant mother to her child and through sexual contact with an infected male partner.

Where is it?

Zika virus outbreaks are present in many countries. Within the United States, Zika is present in the counties of South Texas.

Who is at risk?

The Zika virus during pregnancy can cause birth defects, including a rare brain condition in which a baby's head is smaller than normal.

What are the symptoms?

Symptoms are flu-like. The illness linked with Zika virus is usually mild with symptoms lasting for several days to a week. The most common symptoms of Zika are fever, rash, joint pain and pink eye.

At this time all pregnant women should have a screening during pregnancy. Those with concerns should see their primary care physician or OB provider.

Prevention?

At this time no vaccine exists to prevent the Zika virus, but there are ways to protect yourself.

All pregnant women should apply mosquito spray / lotion while pregnant. Mosquito spray / lotion is safe when applied properly and is safe for the fetus. Always read the instructions on the label before using. Wearing protective clothing can help as well.

In addition, because the virus can be sexually transmitted, it is recommended that all pregnant women in these affected areas also have their partners wear condoms.

For more information visit <https://www.cdc.gov/zika/>