What to Know about the Zika Virus

For more information check out the Center for Disease Control and Prevention website at: https://www.cdc.gov/zika/index.html or http://www.michigan.gov/emergingdiseases/ and click on ‘Zika Virus Information for Michigan Residents’
The Zika Virus

What is it?
The Zika Virus is an illness spread mainly by the *Aedes aegypti* and *Aedes albopictus* mosquitoes. These mosquitoes are found in the United States but are most concentrated in Central and South America, central Africa, India, South Asia, and island countries in the Pacific and Indian Oceans. The disease can also be spread from an infected expecting mother to the fetus, during intercourse, and through blood transfusion. There is currently no vaccine to prevent the Zika Virus. For healthy individuals who are not pregnant, the virus is generally mild and may not exhibit symptoms in everyone. Those who do not exhibit symptoms can still pass the virus to someone who may have symptoms.

Possible symptoms:
- Fever
- Rash
- Headache
- Joint pain
- Red eyes
- Muscle pain

Symptoms can last from a few days to a few weeks.

How to protect yourself
Protecting yourself from the Zika Virus can be done in a variety of ways. Prevent mosquito bites by:

- Wearing long sleeves and pants when outdoors
- Keeping screens on open windows and doors
- Using bed nets if window screens are not available
- Wearing mosquito repellent with ingredients such as Deet, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone
- Protecting infants by using netting over strollers and carriers

Prevent spread of Zika by:

- Using a condom during intercourse for 8 weeks after the female has contracted Zika or 6 months after the male has contracted Zika
- Expecting mothers talk to your doctor about traveling and about your risk in the area you live

Dangers of Zika Virus
Zika Virus is most dangerous for the baby of expectant mothers. Women who have contracted Zika during pregnancy are more likely to have a miscarriage, still birth, or children with microcephaly. Microcephaly is a condition characterized by small head size in babies due to brain growth problems. Microcephaly can be caused by things other than Zika Virus and your baby’s doctor will be able to diagnose, give a probable reason, and suggest treatment for the child.

What to do if you think you have Zika Virus
Do not:
- Have intercourse without a condom
- Give blood

Microcephaly vs. Average head size

[Image showing a comparison between normal head size and a child with microcephaly]

In Michigan: The only documented cases of Zika Virus have been travel related and no Zika has been documented in Michigan.