

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.

What are the symptoms of Zika?

The most common symptoms of Zika virus disease are fever, rash, joint pain, or conjunctivitis (red eyes). Symptoms typically begin **2 to 7 days** after being bitten by an infected mosquito.

How is Zika transmitted?

Zika is primarily transmitted through the bite of infected *Aedes* mosquitoes. It can also be transmitted from a pregnant mother to her 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 is the treatment for Zika?

There is no vaccine or specific medicine to treat Zika virus infections; however one can treat the symptoms:

- 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 taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

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

No. There is no vaccine to prevent infection or medicine to treat Zika. The best way to prevent diseases spread by mosquitoes is to avoid being bitten. Protect yourself and your family from mosquito bite. Here's how:

- Wear long-sleeved shirts and long pants.
- Stay in places with that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.

For more information on Zika Disease visit <http://www1.nyc.gov/site/doh/health/health-topics/zika-virus.page> or <http://www.cdc.gov/zika/>

Sources: NYC department of Mental Health & Hygiene & Centers for Disease Control