

# ALLEGAN COUNTY HEALTH DEPARTMENT

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## Office Administration

(269) 673-5411

## Bioterrorism Preparedness

673-5411

## Personal Health

673-5411



## Communicable Disease

673-5411

## Environmental Health

673-5415

## Resource Recovery

673-5415

## Zika Virus

### What is Zika virus?

Zika virus is a mosquito borne virus. It is primarily spread to people primarily through the bite of an infected *Aedes* species mosquito. These mosquitoes are not found in Michigan, but are widespread in tropical and subtropical areas. Maternal-fetal transmission of Zika virus has been documented. Spread of the virus through sexual contact and blood transfusion has been reported.

### What are the symptoms?

Most people do not show symptoms, but about 1 in 5 people infected with Zika will get sick. 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 a mosquito.

### Should we be concerned about Zika in the United States?

There is no current local transmission of Zika virus in the continental United States, including Florida and Texas, which reported local transmission of Zika virus by mosquitoes in 2016-17.

If you are traveling outside of the continental United States, please see the [Zika Travel Information page](#) found on [www.cdc.gov/zika](http://www.cdc.gov/zika)

### What is the treatment for Zika Virus?

Zika is preventable, but not treatable. There is no vaccine to prevent or medicine to treat Zika. Treatment generally consists of rest, controlling nausea and pain, and staying hydrated by drinking fluids.

### What can people do to prevent Zika virus infection?

Prevent Zika by avoiding mosquito bites. Mosquitoes that spread Zika bite mostly during the day but can also bite at night. These mosquitoes can also spread Dengue and Chikungunya viruses. Protect yourself and your family from mosquito bites.

- Wear long-sleeved shirts and long pants;
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside;
- Use Environmental Protection Agency (EPA)-registered insect repellants;
- If you use both sunscreen and insect repellent, apply the sunscreen first and then the repellent;
- Help reduce the number of mosquitoes inside and outside your home or hotel room by emptying, turning over, covering, or throwing out items that hold water (standing water).

**What if I'm trying to conceive a child or am pregnant?**

Because Zika during pregnancy can cause severe birth defects, pregnant women should not travel to areas with Zika outbreaks (as indicated by red areas on the [Zika map](#)). Before travel to other areas with risk of Zika), pregnant women should talk to a healthcare provider and carefully consider the potential risks of Zika and other infectious diseases Zika can also be transmitted through sexual contact.

If you are planning on getting pregnant, check [CDC's travel website](#) for areas with risk of Zika. Talk to your doctor or other healthcare provider before traveling to areas with a Zika outbreak or other areas with risk of Zika and take steps to plan for travel. Take steps to prevent mosquito bites and prevent sexual transmission.

**Is it safe for a pregnant or nursing woman to use an insect repellent?**

Yes! Using an insect repellent is safe and effective. Pregnant women and women who are breastfeeding can and should choose EPA-registered insect repellents. When used as directed on the product label, insect repellents containing DEET, picaridin, and IR3535 are safe for pregnant women.

**For more information on the Zika virus, visit** <http://www.cdc.gov/zika/> and [www.michigan.gov/emergingdiseases/](http://www.michigan.gov/emergingdiseases/)

**For updated travel information, go to** <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

<p><b>To learn about health department services and/or other health topics, visit us on the web:</b> <a href="http://www.allegancounty.org">www.allegancounty.org</a> or contact us at 269-673-5411</p>
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