

## PREVENT MOSQUITO BITES



- Zika virus is spread to people through the bite of an infected mosquito.
- Wear repellent and long sleeves if mosquitoes are present. The best way to prevent Zika is to protect yourself from mosquito bites.

## PLANS FOR TRAVEL



- Currently Zika outbreaks are occurring in many countries and territories, especially in parts of Mexico, Central and South America. There has been some Zika virus transmission in Florida and Texas. The areas in the U.S. where Zika virus is found may expand, and it is very important to check before making travel plans if you or your partner is pregnant or trying to become pregnant.
- Pregnant women are advised to avoid traveling to areas with Zika virus transmission and to strictly follow steps to prevent mosquito bites. Pregnant women should talk with their physician before traveling to a Zika area and upon their return for monitoring.

## ELIMINATE STANDING WATER



- Mosquitos that are capable of Zika transmission like to lay eggs in containers that hold water around the home. Remove water from tires, buckets, flowerpot saucers, birdbaths, or anything holding water for more than a few days.

# QUESTIONS?

See a doctor if you feel sick after your return from a Zika impacted area. Even if you do not feel sick, travelers returning from an area with Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to mosquitoes.

### DIRECT MEDICAL QUESTIONS TO:

Sutter County Public Health  
(530) 822-7215

Yuba County Public Health  
(530) 749-6366

### BROUGHT TO YOU BY



**SUTTER-YUBA MOSQUITO &  
VECTOR CONTROL DISTRICT  
PROTECTING PUBLIC HEALTH**

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# ZIKA VIRUS



**SUTTER-YUBA MOSQUITO &  
VECTOR CONTROL DISTRICT  
PROTECTING PUBLIC HEALTH**

# WHAT IS ZIKA?

Zika is a virus that is spread to people primarily through the bite of an infected *Aedes* mosquito (*Aedes aegypti* and *Aedes albopictus*). These mosquitoes are aggressive daytime biters.

## SYMPTOMS

80 percent of people infected with Zika do not have symptoms. Of the 20 percent who do experience symptoms, they usually include a fever, rash, joint pain, and red eyes. Other symptoms may include muscle pain and a headache. Symptoms can last for several days to a week after being bitten by an infected mosquito. Often, the symptoms are not bad enough to require a doctor's visit or hospitalization, and many do not even realize that they have been infected.



# TRANSMISSION

## MOSQUITO BITES

Zika virus is transmitted to people through the bite of an infected *Aedes* species mosquito. These are the same mosquitoes that spread dengue and chikungunya viruses.



## MOTHER TO CHILD

A mother who becomes infected with Zika can pass on the virus to her developing child.



## BLOOD TRANSFUSION

There have not been any reported blood transfusion transmission cases in the U.S.



## SEXUAL CONTACT

Zika can be passed through sex from a person who has Zika to his/her sex partner. If your partner has been to an area with Zika, protect yourself. For women, use condoms for at least 8 weeks. For men, use condoms for at least 6 months.



# RISKS OF ZIKA

Zika can be passed by a pregnant woman infected with Zika to her fetus. Zika infection during pregnancy may cause a fetus to develop a birth defect of the brain called microcephaly. This is a condition in which the fetus or baby has a smaller head than normal. Other Zika related problems have been detected in fetuses such as defects of the eye, hearing deficits, and impaired growth.



Two species of *Aedes* are capable of transmitting Zika and neither have been found in Sutter or Yuba County. Therefore, local mosquito-borne transmission would not occur in this area. However, if you are traveling to a Zika impacted country, wear insect repellent whenever you are outdoors. If you are pregnant or planning on becoming pregnant, do not travel to areas with Zika. Check CDC's website for an increasing list of Zika infected countries and territories.