

# ZIKA

VIRUS

## Patient Information Fact Sheet

Your health care provider has evaluated you and consulted with the Alabama Department of Public Health (ADPH). You are being tested for the mosquito-borne diseases Zika, Dengue, and Chikungunya because of your exposure history.

An exposure history means you have traveled recently to/from an area with active Zika transmission (outside and within the United States) and developed symptoms during travel or within two weeks of travel, or you are pregnant with a travel history to an area with active Zika transmission, or you are pregnant and had unprotected sex with a partner who traveled to an area with active Zika transmission. Your health care provider will contact you with the results of your test. Please contact your health care provider with any questions you may have.

While waiting for your test results, please protect others by protecting yourself from additional mosquito bites. Please consistently use an EPA-approved insect repellent. Insect repellents containing DEET, IR3535, picaridin, some oil of lemon eucalyptus and para-methane-diol containing products provide long-lasting protection. You are also asked to wear long sleeves and pants to reduce the likelihood of bites.

Aspirin and other nonsteroidal anti-inflammatory medications (NSAIDs) should be avoided until Dengue virus infection can be ruled out. Medications which are NSAIDs are marketed under many product names including Advil, Motrin, Aleve and other generic names. If you have questions about products containing NSAIDs, please consult your pharmacist

### You are being tested because of the following reason:

- You have an exposure history and are symptomatic (sick); or
- You are pregnant and have recently traveled to a Zika-affected area; or
- You are pregnant and have had unprotected sex with a partner who lives in or traveled to an area with active Zika transmission. (Please begin using barrier methods immediately or abstain from sex for the duration of pregnancy for the protection of your unborn child. The CDC recommends the use of barrier protection such as condoms and dental dams.)

*Note: Zika can be passed through sex, even if the infected person does not have symptoms. Sex includes vaginal, anal, and oral sex, and the sharing of sex toys. Couples with a partner who lives in or has traveled to an area with active Zika transmission should use condoms (or other barrier methods to protect against infection). For couples in which the partner has symptoms during or on return from an area with active Zika transmission;*

- If partner traveling was female, use barrier methods or abstain from sex for at least 8 weeks after returning.*
- If the partner traveling was male, use barrier methods or abstain from sex for at least 6 months after returning.*
- If the partner who traveled has a pregnant partner, barrier protection should be used or abstain from sex for the duration of the pregnancy.*

*If a partner traveled (male or female) and never developed symptoms, barrier protection should be used or abstain from sex for at least 8 weeks after returning.*

### ADDITIONAL INFORMATION CAN BE FOUND ON THE FOLLOWING WEBSITES:

The Alabama Department of Public Health (ADPH): [www.adph.org/mosquito](http://www.adph.org/mosquito)

The Centers for Prevention and Control (CDC), Fact Sheets and Posters:  
[www.cdc.gov/zika/fs-posters/index.html](http://www.cdc.gov/zika/fs-posters/index.html)

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