

# FACT SHEET FOR WOMEN: Zika Virus

## WHAT IS ZIKA?

Zika is a virus that spreads to people primarily through the bite of an infected *Aedes* species mosquito. Infected men can also spread the Zika virus through sexual contact.

## WHAT ARE SYMPTOMS OF ZIKA?

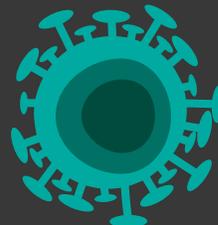
The symptoms are usually mild and last several days to a week. Symptoms include the following:

- Fever
- Joint pain
- Rash
- Red eyes



## WHY IS THE ZIKA VIRUS HARMFUL FOR PREGNANT WOMEN?

- If you have Zika while you are pregnant, the virus can cause problems for your baby's growth.
- You can pass it to your baby during pregnancy or at the time of birth.
- Your baby may be born with a birth defect.
- There are no medicines or vaccines available to prevent or treat Zika.



## IF YOU ARE PREGNANT, YOU SHOULD TALK TO YOUR PREGNANCY CARE PROVIDER IF:

- You or your sex partner recently traveled or lived in a Zika-affected area - even if you don't feel sick.
- You recently traveled or lived in an affected area and developed Zika symptoms. A blood test can tell if you have the virus.

## HOW TO PREVENT?

- If you are pregnant or plan to become pregnant, do not travel to Zika-affected areas. These areas are listed on the CDC website <http://wwwnc.cdc.gov/travel/page/zika-travel-information>.
- If your sex partner has traveled to a Zika-affected area, you should not have sex without the use of condoms the right way every time, or do not have sex during your pregnancy. Sexual contact includes vaginal, anal, and oral.
- Use insect repellent.
- Wear clothes that cover your arms, legs, and feet.
- Drain any standing water to keep mosquitoes away.



# ALABAMA PUBLIC HEALTH