What do I need to know about the zika virus?

Zika is a mosquito-transmitted virus that has spread through Latin America and the Caribbean. Only travel-associated transmission has been confirmed in the United States.

1 out of 5 people infected will show symptoms.

Symptoms include acute onset of rash, joint pain, headache, conjunctivitis (pink eye) and fever. They are usually very mild and typically last two-to-seven days before diminishing completely.

Currently, there are no vaccines, medicines or diagnostic tests.

Avoid getting bitten by mosquitos

- Cover exposed skin (wear long-sleeve shirts, pants and socks)
- Use DEET or other EPA-registered insect repellants on exposed skin
- Avoid areas of “still water” where mosquitos breed
- Use insecticide-treated nets when sleeping outdoors or in rooms without window screens
- Stay in air-conditioned rooms or rooms with screens on the doors

Pregnant women who have recently traveled to Zika-affected areas are encouraged to see a doctor, even if they do not feel ill.

International Adoption and Travel Clinic at Mattel Children’s Hospital UCLA

The travel clinic offers families vaccines, travel medicine consultations and medication travel kits so parents can treat a child with unexpected health needs when traveling.

For more health tips, visit uclahealth.org/mattel