

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.

