

More Information

For more information check out the Center for Disease Control and Prevention website at: <https://www.cdc.gov/zika/index.html> or <http://www.michigan.gov/emergingdiseases/> and click on 'Zika Virus Information for Michigan Residents'



BRANCH-HILLSDALE-ST. JOSEPH COUNTY HEALTH AGENCY

Coldwater Office: 570 Marshall
Rd. Coldwater, MI
Hillsdale Office: 20 Care Dr.
Hillsdale, MI
Three Rivers Office: 1110 Hill St.

Coldwater Phone: 517-279-9561
Hillsdale Phone: 517-437-7395

What to Know about the Zika Virus

Branch-Hillsdale-St. Joseph County Health Agency

**There is a lot of talk, take a look
inside to find out what you, as a
Michigander, should know**



The Zika Virus

What is it?

The Zika Virus is an illness spread mainly by the *Aedes aegypti* and *Aedes albopictus* mosquitoes. These mosquitoes are found in the United States but are most concentrated in Central and South America, central Africa, India, South Asia, and island countries in the Pacific and Indian Oceans. The disease can also be spread from an infected expecting mother to the fetus, during intercourse, and through blood transfusion. There is currently no vaccine to prevent the Zika Virus.

For healthy individuals who are not pregnant, the virus is generally mild and may not exhibit symptoms in everyone. Those who do not exhibit symptoms can still pass the virus to someone who may have symptoms.

Possible symptoms:

- Fever
- Rash
- Headache
- Joint pain
- Red eyes
- Muscle pain

Symptoms can last from a few days

How to protect yourself

Protecting yourself from the Zika Virus can be done in a variety of ways. Prevent mosquito bites by:

- ◆ Wearing long sleeves and pants when outdoors
- ◆ Keeping screens on open windows and doors
- ◆ Using bed nets if window screens are not available
- ◆ Wearing mosquito repellent with ingredients such as Deet, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone
- ◆ Protecting infants by using netting over strollers and carriers– DO NOT put insect repellent on infants under 2 months or oil of lemon eucalyptus/ para-menthane-diol on children under 3 years

Prevent spread of Zika by:

- ◆ Using a condom during intercourse for 8 weeks after the female has contracted Zika or 6 months after the male has con-

tracted Zika

- ◆ Expecting mothers talk to your doctor about traveling and about your risk in the area you live

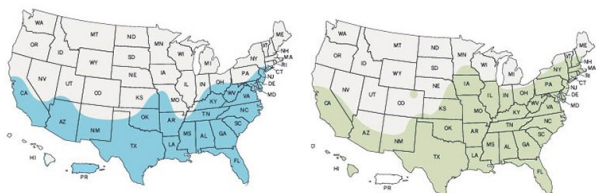
Dangers of Zika Virus

Zika Virus is most dangerous for the baby of expectant mothers. Women who have contracted Zika during pregnancy are more likely to have a miscarriage, still birth, or children with microcephaly. Microcephaly is a condition characterized by small head size in babies due to brain growth problems. Microcephaly can be caused by things other than Zika Virus and your baby's doctor will be able to diagnose, give a probable reason, and suggest treatment for the child.

What to do if you think you have Zika Virus

Do not:

- Have intercourse without a condom
- Give blood



Aedes aegypti *Aedes albopictus*

