

What should I do if I think I have Zika disease?

You should discuss your concerns with your health care provider, who will examine you and ask you questions (for example, about your health and where you have traveled within 2 weeks before getting sick). Zika disease is diagnosed by testing blood, spinal fluid or tissue.

The symptoms of Zika are similar to those of Dengue and Chikungunya. Your healthcare provider may order tests for those diseases or other similar viruses.

You should protect yourself from mosquito bites in Louisiana during the first 7 days of illness. If a mosquito bites you, it can become infected and spread the virus to others nearby.

How is Zika disease treated?

There is only symptomatic treatment to manage the symptoms and signs of infection. Symptoms typically resolve within several days to one week. Severe disease requiring hospitalization is uncommon and death is rare.

Prevention

No drugs or vaccines for preventing infection are currently available.

The best prevention strategy is to protect yourself from mosquito bites

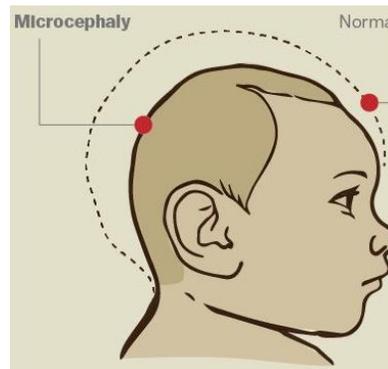
- Wear long-sleeved shirts and long pants or permethrin-treated clothing
- Use door and window screens in good repair to keep mosquitoes outside
- Empty standing water and scrub, turn over, cover or throw out items that can hold water around your home (including tires, buckets, planters, toys, trash, and gutters)
- Use insect repellent (containing DEET, picaridin, IR3535 and some oil of lemon eucalyptus and para-menthane-diol products). [More information about insect repellents can be found on the CDC West Nile virus website, "Insect Repellent Use & Safety"](#).

What is the risk to pregnant women?

Pregnant women can be infected with Zika virus in any trimester. The incidence of Zika virus infection in pregnant women is not currently known, and data on pregnant women infected with Zika virus are limited. We do not know how often Zika is transmitted from mother to baby during pregnancy or around the time of birth.

No evidence exists to suggest that pregnant women are more susceptible to Zika virus infection or experience more severe disease during pregnancy.

Zika virus infections have been confirmed in infants with microcephaly, and in the current outbreak in Brazil, a significant increase in the number of infants born with microcephaly (a birth defect where a baby's head is smaller than normal), has been reported.



Because there is neither a vaccine nor prophylactic medications available to prevent Zika virus infection, CDC recommends that all pregnant women consider postponing travel to areas where Zika virus transmission is ongoing.

Testing is not indicated for women without a travel history to an area with Zika virus transmission.

Is it safe to use an insect repellent if I am pregnant or nursing?

Using an insect repellent is safe and effective. Pregnant women and women who are breastfeeding can and should choose an EPA-registered insect repellent and use it according to the product label.

If a woman who is not pregnant is bitten by a mosquito and infected with Zika virus, will her future pregnancies be at risk?

We do not know the risk to the baby if a woman is infected with Zika virus while she is pregnant. However, Zika virus infection does not pose a risk of birth defects for future pregnancies. Zika virus usually remains in the blood of an infected person for only a few days to a week. The virus will not cause infections in a baby that is conceived after the virus is cleared from the blood.