

## SIERRA COUNTY Health and Human Services

### Social Services

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Darden Bynum, LCSW  
Director

For Immediate Release January 28, 2016 - **Growing Concerns Regarding Zika Virus and Related Birth Defects**

### What is Zika?

Zika is an infectious disease caused by the Zika virus, which is transmitted to people by *Aedes* mosquitoes. Symptoms of Zika typically include fever, rash, joint pain, and/or red eyes.

### Where does Zika occur?

Zika occurs in many tropical and sub-tropical areas of the world, particularly in Africa, Southeast Asia, and islands in the Pacific Ocean. Recent outbreaks have occurred in [Latin America and the Caribbean](#).

### How do people get Zika?

Zika virus is transmitted by *Aedes aegypti* mosquitoes (also known as yellow fever mosquitoes) and by *Aedes albopictus* mosquitoes (also known as Asian tiger mosquitoes). These mosquitoes are not native to California. However, since 2011 they have been detected in [several California counties](#). An *Aedes* mosquito can only transmit Zika virus after it bites a person who has this virus in their blood. Thus far in California, Zika virus infections have been documented only in a few people who were infected while travelling outside the United States. A person with Zika is not contagious. Zika is not spread through casual contact such as touching or kissing a person with the virus, or by breathing in the virus.

### What are the symptoms of Zika?

Most people infected with Zika virus have no symptoms. If symptoms develop, the most common are fever, rash, joint pain, and/or red eyes. Symptoms usually begin 3-7 days after being bitten by an infected mosquito and last several days to a week. There are other causes of fever and painful joints. Your healthcare provider can order different tests to help determine the cause.

**Until more is known, and out of an abundance of caution, the California Department of Public Health recommends special travel precautions for pregnant women and women trying to become pregnant:**

- Pregnant women in any trimester should consider postponing travel to areas where Zika virus transmission is ongoing. Pregnant women who must travel to one of these areas should talk to their healthcare provider first and strictly follow [steps to avoid mosquito bites](#) during the trip.
- Women trying to become pregnant should consult with their healthcare provider before traveling to these areas and strictly follow [steps to avoid mosquito bites](#) during the trip.
- Pregnant women who traveled to an area with ongoing Zika virus transmission during pregnancy should

### How is Zika treated?

There is no specific treatment for Zika. Talk with your health care provider about medications to help reduce fever and pain; rest and fluids are also helpful. Most people will feel better in about a week.

### What can people do to keep from getting Zika?

There is no vaccine to prevent Zika. In areas where Zika is present, everyone, including pregnant women and women of childbearing age, should protect themselves from mosquito bites.

- Mosquito repellents containing DEET, picaridin, IR3535, and oil of lemon eucalyptus should be applied to exposed skin and clothing.
- Using 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.
- When weather permits, wear long-sleeved shirts and long pants.
- Use air conditioning or window/door screens to keep mosquitoes outside. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.

### Where can I find more information about Zika?

U.S. Centers for Disease Control and Prevention:

<http://www.cdc.gov/zika/index.html>

California Department of Public Health:

<http://www.cdph.ca.gov/HealthInfo/discond/Pages/Aedes-albopictus-and-Aedes-aegypti-Mosquitoes.aspx>

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