



TIPPECANOE COUNTY
HEALTH DEPARTMENT

Zika virus Q&A

***Information Sources:** Centers for Disease Control and Prevention (CDC) and Indiana State Department of Health (ISDH)

Q: What is Zika virus?

A: Zika virus is a disease that is spread to people primarily through the bite of an infected *Aedes* species mosquito.

Q: What are the symptoms of Zika virus?

A: The most common symptoms of Zika virus are: fever, rash, joint pain and conjunctivitis (red eyes). After being bitten by an infected mosquito, symptoms typically begin within 2 to 7 days.

Q: How is Zika virus transmitted?

A: Zika is primarily transmitted through the bite of infected *Aedes* mosquitoes. These mosquitoes are aggressive daytime biters and they can also bite at night.

Q: Is Zika virus a new virus?

A: No. Outbreaks have previously been reported in tropical Africa, Southeast Asia and the Pacific Islands. An alert was issued in May 2015 for the first confirmed Zika virus in Brazil.

Q: How serious is Zika virus?

A: About 1 in 5 people Infected with Zika virus will become sick. The illness is usually mild with symptoms lasting for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.

Q: Who is at risk of being infected?

A: Anyone who lives in or travels to an area where Zika virus is found and has not already been infected with Zika virus can get it from mosquito bites.

Q: Are you immune for life once infected?

A: Once a person has been infected they are likely to be protected from future infections.

Q: Is there a vaccine or medicine to prevent or treat Zika?

A: No. At this time there is currently no vaccine or specific medicine to treat Zika virus.

Q: How is Zika virus diagnosed?

A: See your healthcare provider if you develop symptoms (fever, rash, joint pain, red eyes). If you have recently traveled, be sure to tell your healthcare provider. Your healthcare provider may order blood tests to look for Zika.

Q: What is the treatment for Zika?

A: Treat the Symptoms to include:

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine such as acetaminophen to reduce fever and pain.
- Do not take aspirin or other non-steroidal anti-inflammatory drugs.
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

Q: What can people do to prevent becoming infected with Zika?

A: The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites. The following are tips for protection methods:

- When possible, avoid places and times when mosquitoes bite.
- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Use Environmental Protection Agency (EPA)-registered insect repellents. All EPA-registered insect repellents are evaluated for safety and effectiveness.
 - Always follow the product label instructions.
 - Reapply insect repellent as directed.
 - Do not spray repellent on the skin under clothing.
 - If you are also using sunscreen, apply sunscreen before applying insect repellent.
- If you have a baby or child:
 - Do not use insect repellent on babies younger than 2 months of age.
 - Dress your child in clothing that covers arms and legs, or
 - Cover crib, stroller, and baby carrier with mosquito netting.
 - Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
 - Adults should spray insect repellent onto your hands and then apply to a child's face.
- Treat clothing and gear with permethrin or buy permethrin-treated items.
 - Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
 - If treating items yourself, follow the product instructions carefully.
 - Do **NOT** use permethrin products directly on skin. They are intended to treat clothing.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.

- Eliminate standing water in and around homes and ensure that water is removed weekly from potential breeding grounds, such as tires, buckets, pet bowls, birdbaths, rain gutters and pool covers.
- Repair cracks or gaps in septic tanks and cover open vents or plumbing pipes

Q: What countries have Zika?

A: Visit the CDC Travelers' Health Site for the most current travel information. CDC Travelers' Health Site is available at: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

Q: What is the Tippecanoe County Health Department doing?

A: The Tippecanoe County Health Department is closely monitoring the Zika virus. The department is utilizing a proactive approach. This approach involves the timely sharing information with external partners and the establishment of a webpage to share information with the entire community of Tippecanoe County. The department is also encourages the entire community to utilize prevention methods to protect themselves and subsequently our overall community from the Zika virus.