



DO YOU THINK YOU HAVE ZIKA?

Zika has been in the news and some of the things you may have heard sound alarming. You may have concerns that you have Zika. Here are some facts to help you determine if you might have Zika and may need to see your healthcare provider.

Zika Symptoms

Zika symptoms in most adults and children are similar to other illnesses like a cold or the flu.

As many as 4 out of 5 people who have Zika have no symptoms at all. In fact, they may never even know they were infected.

For those who do experience symptoms, they are usually quite mild and may include:

- Fever
- Rash
- Headache
- Joint pain
- Conjunctivitis (red eyes)
- Muscle pain

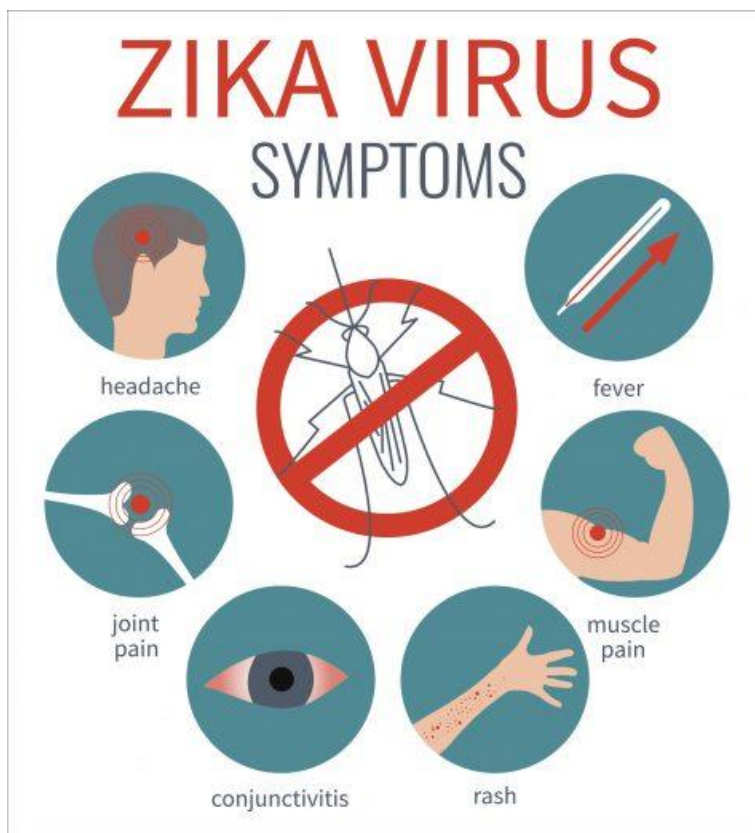
Symptoms usually last from a few days to a week.

Do You Think You Have Zika?

If you experience any of these symptoms **AND** you **or** your sexual partner have recently visited a [place with active Zika transmission](#), contact your healthcare provider to ask about getting tested.

The next page has information about Zika and how it spreads. It may help you understand whether or not you could have Zika.

If you feel ill but neither you or your sexual partner have not traveled to a place with active Zika transmission you should consider talking to your healthcare provider. You may have another virus or illness that they can help treat.



Infographic courtesy of University of Pittsburg Medical Center:
<http://share.upmc.com/2016/07/zika-virus-myths-facts/>



CDC's Response to **Zika**

ZIKA: THE BASICS OF THE VIRUS AND HOW TO PROTECT AGAINST IT



About Zika

Zika virus spreads to people primarily through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). Zika can also be passed through sex from a person who has Zika to his or her sex partners and it can be spread from a pregnant woman to her fetus. People can protect themselves from mosquito bites and getting Zika through sex. This fact sheet explains who's most affected and why, symptoms and treatment, and how to protect against Zika.

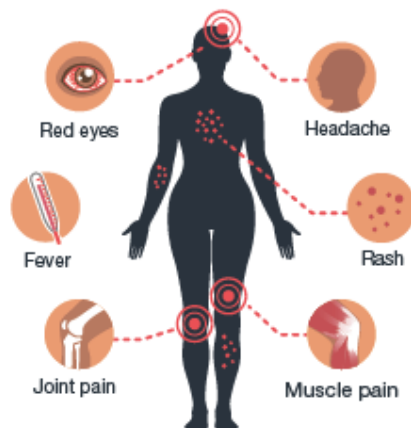
How Zika Spreads

Protect yourself and your family from mosquito bites all day and night, whether you are inside or outside. A mosquito becomes infected when it bites a person already infected with Zika. That mosquito can then spread the virus by biting more people.



Zika virus can also spread:

- During sex with a person who has Zika to his or her sex partners.
- From a pregnant woman to her fetus during pregnancy or around the time of birth.
- Through blood transfusion (likely but not confirmed).



Zika Symptoms

Many people infected with Zika won't have symptoms or will only have mild symptoms. The most common symptoms are fever, rash, headache, joint pain, red eyes, and muscle pain. Symptoms can last 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. Once a person has been infected with Zika, they are likely to be protected from future infections.



Current Zika Outbreak

Zika outbreaks are currently happening in many countries and territories. The mosquitoes that can become infected with and spread Zika live in many parts of the world, including parts of the United States.

Visit our [Areas with Risk of Zika](#) webpage to find out where Zika is spreading.

www.cdc.gov/zika

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