

# Skeehchooash

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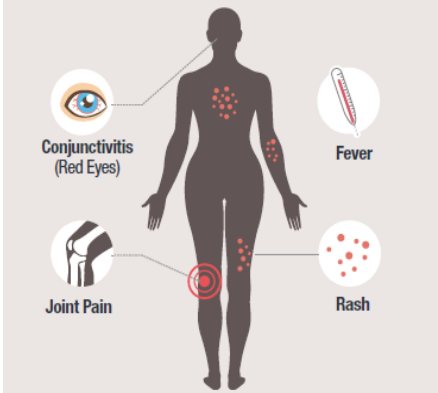
## The Zika Virus

### What We Know...

- The virus is transmitted through the bite of *Aedes* mosquitos, sexual intercourse or during childbirth
- There is currently no vaccine against Zika virus
- In February 2016, the CDC issued a travel notice to areas with Zika virus, especially for pregnant women
- No local transmission of Zika virus in the U.S. yet, but around 273 U.S. residents have acquired it through travel or sexual intercourse



### The most common symptoms of Zika are



### Should I Be Worried?

If acquired, the virus displays similar symptoms to the flu and are normally mild in nature, lasting 2-7 days. However, Zika infection during pregnancy has been linked to increased risk of miscarriages and birth defects in babies, including microcephaly. The CDC recommends anyone **pregnant** or thinking about becoming pregnant **avoid travel** to areas with active disease.

### You Can Prevent the Spread!

Tips if you are traveling to infected areas:

- Avoid mosquito bites
- Sleep with a mosquito net around your bed
- Wear long-sleeved clothing
- Use EPA approved insect repellent
- Use a condom during sexual intercourse



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

<http://www.who.int/mediacentre/factsheets/zika/en/>

Sarah Showalter, PharmD Candidate 2016

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