

Public Health Key Points: Zika Virus

There is much concern about the Zika virus among Los Angeles County residents. Here are some key points about the virus from the Los Angeles County Department of Public Health.

What is Zika Virus?

A disease that spreads to people mostly by mosquito bites. It causes illness mainly in people who live or travel to areas of Central and South America, the Caribbean, and Mexico.

How does this disease spread?

- Mosquito bites
- Sexual intercourse with someone who has the virus

What are the symptoms?

- Fever
- Rash
- Joint pain
- Red eyes
- Muscle pain

What do we know about Zika while pregnant?

- Baby might be born with birth defects
- Pregnant women should avoid traveling to Central and South America, the Caribbean, and Mexico
- Avoid unprotected sex with men who come back from Zika endemic area

What is the treatment for this disease?

- Currently, there are no medicines to treat this disease and no vaccines to prevent it

How can you prevent getting this disease?

- Avoid mosquito bites
- Use Environmental Protection Agency approved bug spray
- Wear clothing with long sleeves and long pants
- Wear condoms consistently and correctly when you engage in sexual activity

What is the treatment?

- Consult your physician as soon as possible
- Get plenty of rest
- Drink fluids to prevent dehydration
- Take Tylenol® to relieve fever and pain
- If you are taking medicine for another medical condition, talk to your doctor before taking additional medication

For More Information:

[Los Angeles Acute Communicable Disease Control \(ACDC\) - Zika Virus Disease](#)

[California Department of Public Health – Zika information](#)

[Centers for Disease Control \(CDC\) - Zika Information for Pregnant Women](#)