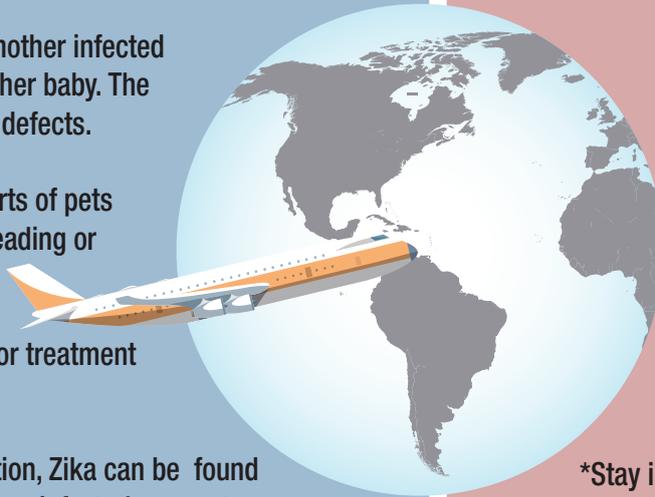


# Zika: What To Know Before You Travel



## What we know about Zika

- \*Zika is primarily transmitted through the bite of an infected *Aedes aegypti* mosquito.
- \*Most cases of Zika in Texas are related to travel abroad to places where Zika is being spread.
- \*Zika can be spread through sexual transmission and blood transfusions.
- \*It is possible for a pregnant mother infected with Zika to pass the virus to her baby. The virus has been linked to birth defects.
- \*There have not been any reports of pets or other kinds of animals spreading or contracting Zika.
- \*There is currently no vaccine or treatment for Zika.
- \*During the first week of infection, Zika can be found in the blood and passed from an infected person to a mosquito when it bites. The infected mosquito can then spread the virus to other people.



## Prevent Zika while traveling

- \*The best way to avoid infection is to protect yourself from mosquito bites:
  - Cover up with long sleeves and pants.
  - Wear an EPA-approved insect repellent when outdoors.
  - Keep mosquitoes out with air conditioning and intact window screens, if available.
- \*If possible, pregnant mothers should delay travel to areas where Zika is spreading or talk to their doctors first to prevent mosquito bites during the trip.
- \*Pregnant mothers and their male partners who travel to places where Zika is spreading should follow the U.S. Centers for Disease Control and Prevention's (CDC) guidance to prevent the sexual transmission of Zika found at [www.texaszika.org/prevention.htm](http://www.texaszika.org/prevention.htm).
- \*Stay informed about travel information and precautions. For a current list of areas with Zika outbreaks, visit [www.texaszika.org/travelers.htm](http://www.texaszika.org/travelers.htm).

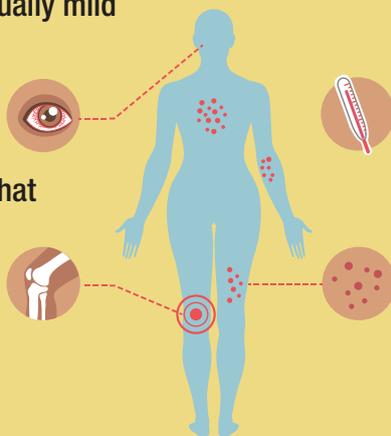
## Symptoms of Zika

About 4 out of 5 people with Zika won't even know they have it. The illness is usually mild with symptoms lasting for several days to a week.

Even if you don't know you're infected, mosquitoes that bite you could transmit the virus to others.

The most common symptoms of Zika are:

- \*Fever
- \*Rash
- \*Joint Pain
- \*Conjunctivitis (red eyes)



Images: CDC

## Prevent Zika when you return

- \*To help prevent others from getting sick, people who travel to places where Zika is being spread should:
  - Protect themselves from mosquito bites while abroad and for seven days after returning home.
  - Eliminate mosquito breeding sites around their homes: remove standing water, get rid of containers that hold water, and cover trash containers.
  - Follow the CDC's recommendations to prevent the sexual transmission of Zika.
- \*People who experience symptoms of Zika should contact their doctor.

