

Preventing Zika Virus in Pregnant Women

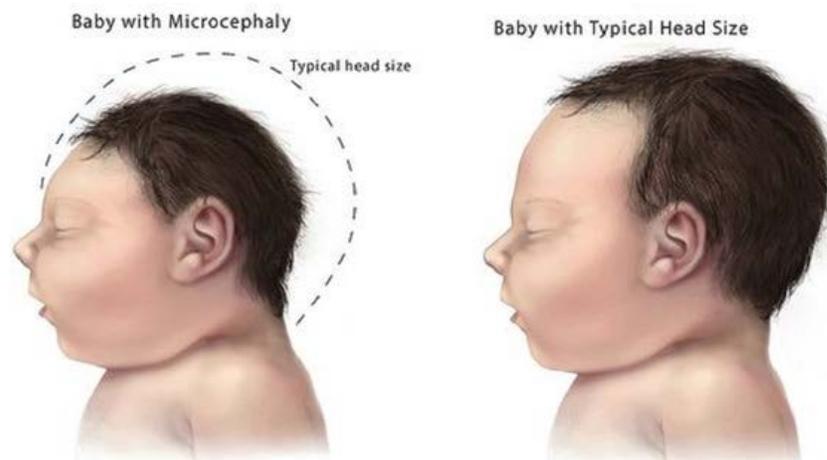
Symptoms of Zika virus:

- Fever
- Rash
- Joint pain
- Red eyes

Zika is contracted primary through mosquito bites in countries with known outbreak. Most people make a full recovery with no long term effects.

Caution with Pregnancy

Pregnant women should be especially careful because the virus can be transmitted to their baby. Though there have not been any studies linking the Zika virus to birth defects, many women who contracted the Zika virus during pregnancy have had babies with congenital microcephaly. Congenital microcephaly is a birth defect causing the brain to not develop normally during pregnancy and the head to be smaller than it should be. (CDC, 2016). While the Zika virus has not yet been proven to cause this, the CDC is cautioning pregnant women not to visit areas with known outbreaks.



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(CDC, 2016)

Preventing Zika Virus

There is no vaccine for the Zika virus, the best way to protect yourself is to avoid getting bitten from mosquitos and avoiding traveling to countries with known outbreaks, especially in the third trimester.

Avoiding Mosquito Bites

- Wear long sleeves and pants outdoors
- Keeps screens on open windows whenever possible
- Use EPA-registered insect repellents (always follow instructions on repellents)
- Treat clothing with permethrin (always follow instructions and DO NOT apply to skin)
- If you are sleeping outside, cover your bedding with a mosquito net

Areas with known locally acquired cases:

- Cape Verde
- Caribbean
- Central America
- Mexico
- Pacific Islands
- South America
- Puerto Rico
- US Virgin Islands

*Visit the CDC's website for the most up to date information

What to do if you think you have the Zika virus:

If you are experiencing symptoms and have been to an area where the Zika virus is found visit your healthcare provider. There is no specific medicine for the Zika virus, but you can treat the symptoms by:

- Getting plenty of rest
- Staying hydrated by drinking lots of fluids
- Taking Tylenol for fever and pain
- Be careful who you come in contact with, the virus can be spread to other people

References

Zika Virus. (2016, February 12). Retrieved February 14, 2016, from <http://www.cdc.gov/zika/index.html>