



PREVENTION


Prevent mosquito bites

-  Zika virus is spread to people mainly through the bite of an infected mosquito.
- Wear repellent and long sleeves when mosquitoes are present. The best way to prevent Zika is to protect yourself from mosquito bites.

Plan for travel

-  Currently, outbreaks are occurring in many countries and territories.
- For the most current information about areas with Zika virus, please visit CDC's website before making travel plans.

Eliminate standing water

-  These invasive mosquitoes lay eggs in containers that hold water around the home.
- Remove water from tires, buckets, flowerpot saucers, birdbaths, or anything holding water for more than a few days.

QUESTIONS?

See a doctor if you feel sick after your return from your trip. Even if you do not feel sick, travelers returning from an area with Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to mosquitoes.

Direct medical questions to:

Sutter County Public Health
(530) 822-7327

Yuba County Public Health
(530) 749-6311

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**SUTTER-YUBA MOSQUITO &
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PROTECTING PUBLIC HEALTH**

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**SUTTER-YUBA MOSQUITO &
VECTOR CONTROL DISTRICT
PROTECTING PUBLIC HEALTH**

Zika Virus

WHAT IS ZIKA?

Zika is a virus that is spread to people primarily through the bite of an infected *Aedes* mosquito (*Aedes aegypti* and *Aedes albopictus*). These mosquitoes are aggressive daytime biters.

SYMPTOMS

80 percent of people infected with Zika do not have symptoms. Of the 20 percent who do experience symptoms, they usually include a fever, rash, joint pain, and red eyes. Other symptoms may include muscle pain and a headache. Symptoms can last for several days to a week after being bitten by an infected mosquito. Since often the symptoms are not bad enough to require a doctor's visit or hospitalization, many do not even realize that they have been infected.



TRANSMISSION

MOSQUITO BITES

Zika virus is transmitted to people through the bite of an infected *Aedes* species mosquito. These are the same mosquitoes that spread dengue and chikungunya viruses.



MOTHER TO CHILD

A mother who becomes infected with Zika can pass on the virus to her developing child.



BLOOD TRANSFUSION

There have not been any reported cases of blood transfusion transmission cases in the U.S.



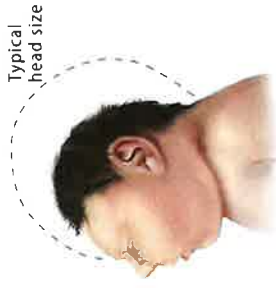
SEXUAL CONTACT

Zika can be passed through sex from a person who has Zika to his/her sex partners. If your partner has been to an area with Zika, use condoms. For women, use condoms for at least 8 weeks. For men, use condoms for at least 6 months.



RISKS OF ZIKA

Zika can be passed by a pregnant woman infected with Zika to her fetus. Zika infection during pregnancy can cause fetuses to have a birth defect of the brain called microcephaly, a condition in which the fetus or baby has a smaller head than normal. Other problems have been detected in infants infected with Zika before birth such as defects of the eye, hearing deficits, and impaired growth.



Baby with Severe Microcephaly

Two species of *Aedes* are capable of transmitting Zika, one of which (*Aedes aegypti*) has been found in the District. Local mosquito-borne transmission is possible, only if an infected human is exposed to biting *aegypti* mosquitoes. If you are traveling to a Zika impacted country, wear insect repellent whenever you are outdoors.

If you are pregnant or planning on becoming pregnant, do not travel to areas with Zika. Check CDC's website for a list of Zika infected countries and territories.