

DETECTING AND PREVENTING ZIKA VIRUS

If you suspect Zika virus infection, please call and report to Maricopa County Department of Public Health (MCDPH) at **602-506-6767** within 24 hours.

Zika Fast Facts

- Zika is a virus transmitted primarily through *Aedes* mosquito bites or sexual contact.
- Zika has been spread in many tropical and subtropical destinations.
- Many of those who become infected with Zika virus are asymptomatic or only have mild symptoms similar to those of other tropical viruses, including fever, maculopapular rash, headache, arthralgia, myalgia, and conjunctivitis.
- Zika infection during pregnancy can cause severe birth defects. Rates of Zika-associated birth defects in women with confirmed Zika infection vary from 8-15% of those diagnosed in the first trimester, to 5% in second trimester, and 4% in third trimester.



Preventing Travel-Related Transmission

- Patients should follow CDC travel recommendations when travelling to areas with Zika: <https://www.cdc.gov/zika/geo/>
- Travelers should avoid mosquito bites in areas with Zika by using EPA-approved insect repellent, air conditioning, window and door screens, and long-sleeved shirts and long pants.
- **Zika virus transmission has been reported in Mexico.** Discuss Zika risk with patients who live in or frequently visit Mexico.

Preventing Sexual Transmission

- Zika can remain in semen longer than in other body fluids, including vaginal fluids, urine, and blood. Encourage patients to discuss travel history with their partners. Use the following guidelines to advise patients.
- **Men:** Use protection or abstain from sex for at least three (3) months after travelling to a Zika-affected area, including Mexico.
- **Women:** Use protection or abstain from sex for at least two (2) months after travelling to a Zika-affected area, including Mexico.



Questions About Zika Prevention?

Contact MCDPH by calling **602-506-6767, Monday-Friday, 8 a.m. - 5 p.m.** or visit Maricopa.gov/Zika for more information.