
Zika: Frequently Asked Questions for International Travelers

What is Zika virus disease (Zika)?

Zika is a disease caused by Zika virus that is spread to people primarily through the bite of an infected Aedes species mosquito. Symptoms typically begin 2 to 7 days after being bitten.

What are the symptoms of Zika?

About 1 in 5 people infected with Zika will get sick. For people who get sick, the illness is usually mild, with symptoms lasting for several days to a week. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes).

How is Zika transmitted?

Zika is primarily transmitted through the bite of infected Aedes mosquitoes. It can also be transmitted from a pregnant mother to her baby during pregnancy or around the time of birth.

In rare cases Zika may be transmitted from males to females through sexual intercourse. Males who have recently traveled to Zika affected areas should avoid sexual contact (i.e. vaginal, oral or anal intercourse) or use condoms consistently and correctly during sex for the duration of the pregnancy.

What countries have Zika?

The list of affected countries is rapidly changing. Please visit the CDC Travelers' Health site for the most updated information: www.cdc.gov/zika

If I am traveling to a country with Zika virus, should I be concerned about the transmission of Zika?

Yes. Travelers who go to places with outbreaks of Zika are at risk of being infected with Zika virus. Travelers may also be at risk of being infected with dengue or chikungunya virus. Mosquitoes that spread Zika spread other viruses and are aggressive daytime biters, prefer to bite people, and live indoors and outdoors. They can also bite at night.

CDC recommends the following:

- Pregnant women should consider postponing travel to the areas where Zika virus is spreading. Pregnant women who must travel to one of these areas should talk to their health care provider first and strictly follow steps to avoid mosquito bites during the trip.
- Women trying to get pregnant should talk to their health care provider before traveling to these areas and strictly follow steps to prevent mosquito bites during the trip.

What can people do to prevent becoming infected with Zika?

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to avoid being bitten.

What is the treatment for Zika?

There is no vaccine or specific medicine to treat Zika virus infections.

How is Zika diagnosed?

- If you have recently returned from traveling and you develop any of the following symptoms - fever, rash, joint pain, red eyes - make sure to tell your health care provider. Your health care provider may order blood tests to look for Zika or other similar viral diseases like dengue or chikungunya.
- **See your health care provider if you are pregnant and develop a fever, rash, joint pain, or red eyes within two weeks after traveling to a country where Zika virus cases have been reported. Be sure to tell your health care provider where you traveled.**

Sources: Centers for Disease Control and Prevention (CDC)
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