



ARE YOU PREGNANT OR THINKING ABOUT BECOMING PREGNANT?

ARE YOU SEXUALLY ACTIVE? YOU MAY BE AT RISK FOR CONTRACTING ZIKA VIRUS



WHAT IS ZIKA VIRUS?

Zika virus is a mosquito-borne disease related to Yellow Fever virus, Dengue virus and West Nile virus. In January 2016, Zika virus was found for the first time in the United States in someone who traveled to Central America.

ZIKA SYMPTOMS

Many people infected with Zika virus won't have symptoms or will only have mild symptoms. The most common symptoms of Zika are: fever, rash, joint pain and conjunctivitis (red eyes). If you have any of these symptoms or have visited an area infected with Zika, especially if you are pregnant, see a doctor and tell them where you traveled.

MOSQUITO CONTROL

- Remove standing water where mosquitoes could lay eggs.
- Once a week, empty or throw out any items that hold water like tires, buckets, planters, toys, pools.
- Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.
- If you have a septic tank, repair cracks or gaps.
- Install or repair and use window and door screens.

HOW IS ZIKA TRANSMITTED?

- Through the bite of an infected Aedes species mosquito
- Mother to child. A pregnant woman can pass Zika virus to her fetus during pregnancy.
- Zika can be passed through sex from a person who has Zika to his or her partners.

DISEASES AND DEFECTS LINKED TO ZIKA

Zika infection during pregnancy can cause serious birth defects such as microcephaly, which is a birth defect where a baby's head is smaller than expected. Babies with microcephaly often have smaller brains that might not have developed properly. Several countries that have experienced

DISEASE PREVENTION

- Avoid travel to places where the infected mosquitoes are prevalent. If traveling to these areas is necessary, prevent mosquito bites through the use of sprays containing DEET.
- Cover exposed skin with long sleeves and pants.
- Prevent the transmission of disease through sexual intercourse by using condoms.



For more information, visit: www.ct.gov/dph/zika, www.cdc.gov/zika and www.whhd.org

or call the West Haven Health Department at 203-937-3660.

