CDC's Response to **Zika**

FOR WOMEN: A POSITIVE ZIKA VIRUS TEST

What does it mean for me?

You've just learned from your doctor or healthcare provider that you have a positive Zika test result, which means that you have Zika virus. While you have Zika, you can pass it to your sex partner(s) and if you are pregnant you can pass it to a developing fetus. You can also pass it to mosquitoes, which can bite you, get infected with Zika virus, and spread the virus to other people. If you and your partner are thinking about getting pregnant, you should wait at least 8 weeks after symptoms started.

EVERYONE WHO HAS ZIKA SHOULD TAKE STEPS TO PROTECT THEMSELVES AND OTHERS. THIS FACT SHEET EXPLAINS WHAT TO DO.

How can I treat the symptoms of Zika?

There is no specific medicine or vaccine for Zika. If you have symptoms, they will probably be mild and only last a few days to a week. You can treat the symptoms by getting plenty of rest, drinking fluids to prevent dehydration, and taking medicine such as acetaminophen (Tylenol®) to reduce fever and pain.

Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDS) until dengue can be ruled out to reduce the risk of bleeding. If you are taking medicine for another medical condition, talk to your doctor or other healthcare provider before taking additional medicines.

How can I prevent spreading Zika to others?

Protect yourself from mosquito bites

Zika virus is spread to people primarily through mosquito bites. During the first week of infection, Zika virus is in a person's blood. The virus can be passed from an infected person to a mosquito through mosquito bites. An infected mosquito can then spread the virus to other people. To help prevent others from getting sick, strictly follow steps to prevent mosquito bites during the first week of your illness.

- Use Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol.
- Wear long-sleeved shirts and long pants and stay indoors with air conditioning as much as possible.

Harris County Public Health
Building a Healthy Community

Mosquito Control Division
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U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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Zika can also be spread to partners during sex. This includes vaginal, anal, and oral sex, and the sharing of sex toys.

- Use male or female condoms every time you have sex, from start to finish, for at least 8 weeks after your symptoms started.
- If your partner is pregnant, these precautions should be taken throughout her entire pregnancy.

What should I do if I am thinking about getting pregnant?

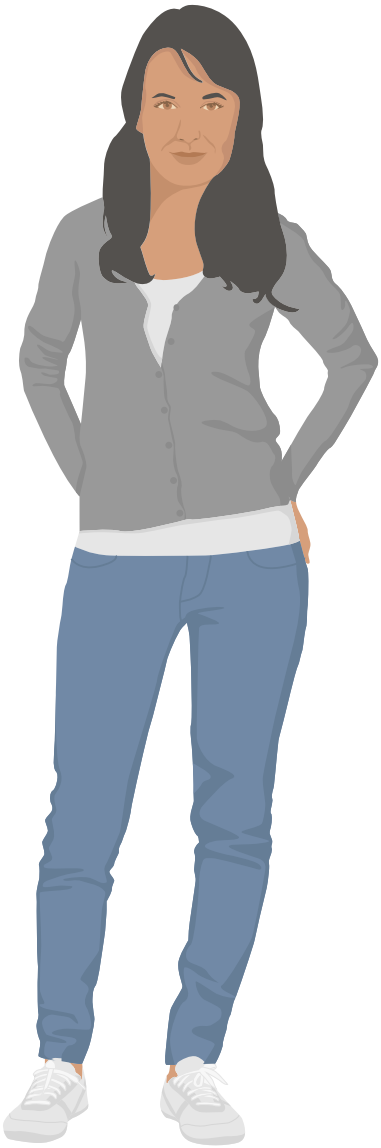
If you are thinking about having a baby, wait at least 8 weeks after your symptoms started before trying to get pregnant.

What should I do if I do not want to get pregnant?

If you do not want to get pregnant, work with your doctor or other healthcare provider to find a birth control method that is safe, effective, and works for you and your lifestyle. Condoms are the only method that can protect against both pregnancy and the spread of Zika to sex partners.

Will infection with Zika affect my future pregnancies?

Currently, there is no evidence to suggest that past Zika virus infection poses an increased risk of birth defects for future pregnancies. If you decide to have a baby in the future, talk to your doctor or other healthcare provider about planning your pregnancy.

Am I protected from future infections?

Once you have been infected with Zika virus, you are likely to be protected from future infections.