



## Zika Virus



### Overview

This viral infection is spread by mosquitoes. For most people, it's not serious or dangerous. You can get it and not even know you have it. But it can cause problems for a developing fetus. It can cause severe, permanent disabilities. It can be fatal.

### Causes

Most often, you get this virus from the bite of a mosquito that has previously bitten an infected person. The virus can spread in other ways, too. It can spread from one person to another through unprotected sex. It can spread from a pregnant mother to her baby in the womb. And, we think it may be able to spread through blood transfusions.

### Symptoms

If you have an infection, you may not notice any symptoms at all. And if you do have symptoms, they can be mild. You may have a slight fever. You may have a rash, and pain in your muscles and joints. You may have a headache. And, your eyes may be red. In a developing fetus, Zika virus can lead to a serious brain condition we call "microcephaly," along with other neurological disorders. It can cause miscarriage.

### Treatment and Prevention

Zika virus is treated with rest, fluids and medications to relieve symptoms. There is not yet a vaccine for this virus. You can lower your risk of infection by protecting yourself from mosquito bites, and by practicing safe sex. Talk to your doctor for more information.