

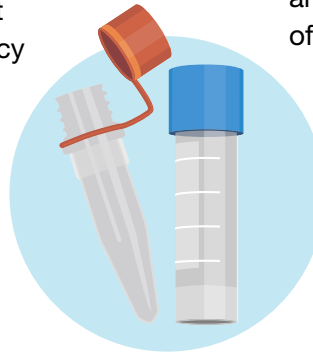
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WHAT CAN BE DONE?



The Federal government is

- Working with international public health partners and state health departments to:
 - » Alert healthcare providers and the public about Zika.
 - » Post travel notices and other travel-related guidance.
 - » Provide state health laboratories with diagnostic tests.
 - » Detect and report cases.
 - » Support mosquito control programs both in the United States and around the world.
- Conducting studies to learn more about Zika virus and its effects during pregnancy and the possible associations between Zika and other outcomes like Guillain-Barré syndrome.
- Publishing and disseminating guidelines to healthcare providers to inform testing and treatment.



State and local public health agencies can

- Work with CDC's Arbovirus Diagnostic Laboratory and health departments with the capacity to test for Zika virus when indicated.
- Report laboratory-confirmed cases to CDC through ArboNET, the national surveillance system for arboviral disease.
- Participate in the U.S. Zika Pregnancy Registry to further understanding of Zika virus infection in pregnancy and congenital infection.
- Activate or enhance mosquito surveillance and control activities to respond to local cases of Zika.



Healthcare providers can

- Know the symptoms of Zika. The most common symptoms of Zika are fever, rash, headache, joint pain, red eyes, and muscle pain.
- Ask patients about their travel history.
- Contact their state and local health department to facilitate diagnostic laboratory testing.
- Test symptomatic pregnant women who have possible Zika virus exposure as soon as possible or up to 12 weeks after symptom onset.
- For pregnant women with possible Zika virus exposure and prenatal ultrasound findings of birth defects potentially associated with Zika, perform Zika testing and consider amniocentesis. Consultation with a maternal-fetal medicine specialist should be considered.
- Test infants born to mothers with laboratory evidence of Zika virus infection during pregnancy, and infants who have abnormal clinical findings suggestive of congenital Zika syndrome and a mother with possible Zika virus exposure during pregnancy.
- Manage symptoms in infants with congenital Zika virus infection and monitor the child's development over time.



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

Pregnant women can

- Avoid travel to areas where Zika virus is spreading.
- If they have to travel, talk to their healthcare provider before traveling to these areas.
- Strictly follow steps to prevent mosquito bites during trips to areas with Zika.
- Use condoms the right way every time they have sex or not have sex during pregnancy with a partner who lives in or has traveled to areas with Zika.



Women thinking about getting pregnant can

- Talk to their healthcare provider before traveling to areas with risk of Zika.
- Strictly follow steps to prevent mosquito bites during trips to areas with Zika.

Everyone can

- Wear long-sleeved shirts and long pants.
- Treat clothing and gear with permethrin or buy permethrin-treated items.
 - » Do not apply permethrin directly on skin.
 - » Follow instructions carefully if treating clothing yourself.
 - » Read product information to see how long and after how many washings protection will last.



- Stay in places with air conditioning or that use window and door screens.
- Eliminate standing water in and around the home.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.

- Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellents. When used as directed, these repellents are proven safe and effective, even for pregnant and breastfeeding women.
 - » Always follow product label instructions and reapply as directed.
 - » Do not spray repellent on the skin under clothing.
 - » If you are also using sunscreen, apply sunscreen first.



- Dress children in clothing that covers arms and legs.
- Apply insect repellent to children (but not babies younger than 2 months).
- Spray insect repellent on hands to apply to a child's face.
- Cover cribs, strollers, and baby carriers with mosquito netting.