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CDC’s Response to Zika

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.
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.

www.cdc.gov/zika