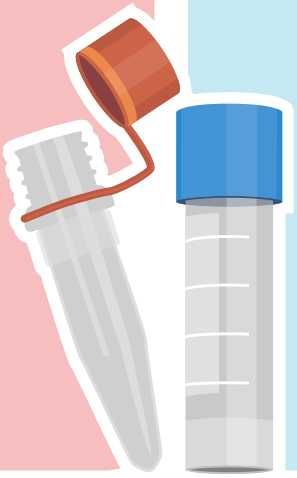
CDC's Response to **Zika**

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, joint pain, and conjunctivitis (red eyes).
- Ask patients about their travel history.
- Contact their state and local health department to facilitate diagnostic laboratory testing.
- Offer serologic testing to asymptomatic pregnant women (women who do not report clinical illness consistent with Zika virus disease) who have possible exposure through travel to or residence in an area with Zika or who have had sex without a condom with a man with symptoms of Zika virus. Testing should be offered between 2 and 12 weeks after pregnant women return from travel to areas with ongoing Zika virus transmission.
- For pregnant women with recent travel to an area with Zika virus transmission and ultrasound findings of microcephaly or intracranial calcifications, consider amniocentesis. Consultation with a maternal-fetal medicine specialist should be considered.
- Test for Zika virus infection in babies born to women with possible travel-associated or sexual exposure to Zika or who lived in an area with ongoing Zika virus transmission during pregnancy who were diagnosed with microcephaly or intracranial calcifications detected prenatally or at birth, or who have mothers with positive or inconclusive test results for Zika virus infection.
- Manage symptoms in infants with congenital Zika virus infection and monitor the child's development over time.

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Department of Public Health & Environment

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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 male sex 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 where Zika virus is spreading.
- 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.