












# the ZIKA virus



## What is it?

-  Zika is a viral infection spread by mosquito bites
-  Zika virus infections in pregnant women have been linked to infants with birth defects
-  Zika virus infections have been reported in South and Central America, Mexico and the Caribbean.
-  No vaccine is available/no treatment is available

## What should I do?

-  **Avoid mosquito bites**
  -  Use bug repellants containing DEET, picaridin, or IR3535
  -  Wear long sleeves/long pants
  -  Wear light-colored clothing
  -  Ensure window screens are intact
  -  Eliminate standing water
  -  Avoid peak hours - mosquitoes that spread Zika virus bite mostly by day

## Where can I learn more?

-  **Naval Hospital Jacksonville's Branch Health Clinic Jacksonville, Preventive Medicine: (904) 546-7027 / 7024**
-  Navy and Marine Corps Public Health Center Zika virus information: [www.med.navy.mil/sites/nmcphc/program-and-policy-support/Pages/Topics-in-Preventive-Medicine.aspx](http://www.med.navy.mil/sites/nmcphc/program-and-policy-support/Pages/Topics-in-Preventive-Medicine.aspx)
-  CDC Zika virus webpage: <http://www.cdc.gov/zika/index.html>