

Grapevine-Colleyville ISD

School Health Services

What is Zika?

Zika is a virus spread primarily through the bite of an infected *Aedes* species mosquito. Zika virus is not passed directly from person to person through casual contact.

What are the symptoms?

The most common symptoms of Zika are fever, rash, joint pain, or red eyes. Other symptoms include muscle pain, headache, pain behind the eyes and vomiting. The illness is usually mild with symptoms lasting for several days to a week.

How does the virus spread?

Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito. They are aggressive daytime biters, who live indoors and outdoors near people. The mosquitoes become infected when they feed on a person already infected with the virus.

How can I protect myself?

1. Wear long-sleeved shirts and long pants whenever you are outdoors.
2. Apply insect repellents, such as products containing DEET, sparingly to exposed skin. Repellents may bother the eyes and mouth, so try to not apply them to the hands of children. Do not allow young children to apply repellents. Do not apply products containing DEET on children less than 2 years of age.
3. Spray clothing with insect repellents, as mosquitoes may bite through thin clothing.
4. Whenever you use an insect repellent, read and follow the directions for use that are printed on the product label. The Environmental Protection Agency has concluded that, as long as consumers follow label directions and take proper precautions, insect repellents containing DEET do not present a health concern since exposure to DEET is expected to be brief.
5. Make sure any windows left open have screens on them; make sure the screens are in good repair.
6. To minimize mosquito breeding sites, remove containers of any size that would allow water to collect or change the water in them daily. Cover trash cans and remove trash.

What are the treatments?

There is no medicine to treat Zika. Symptoms can be treated like the Flu. Patients are encouraged to get plenty of rest, drink fluids to prevent dehydration, and to take medicines (such as acetaminophen) to relieve fever and pain.

Reference:

<http://www.cdc.gov/zika/about/index.html>

<http://access.tarrantcounty.com/en/public-health/disease-control---prevention/zika/zika-information-for-the-public.html>