

# ZIKA VIRUS



Know How to Protect Yourself

With proper precautions, Zika is not expected to pose a health risk to troops. Due to a potential connection with birth defects, pregnant women should avoid exposure.

## What is Zika virus?

Zika virus (Zika) is one of several infections transmitted by the *Aedes* mosquito, which also transmits Dengue and Chikungunya. It is also possible to spread Zika through blood transfusions and sexual contact. The best way to prevent Zika is to prevent mosquito bites. No vaccine or specific treatments are available to prevent or treat Zika.



The American Red Cross is asking people to avoid donating blood if they traveled to Latin America or the Caribbean in the past 28 days.



BLOOD TRANSFUSIONS

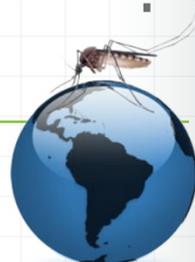
SEXUAL CONTACT

Until more is known, if your sexual partner has traveled to or lives in an area with active Zika virus transmission, you should abstain from sexual contact or correctly use condoms everytime you have vaginal, anal, and oral sex for the duration of the pregnancy.



## Where is it found?

Zika is common in areas of Africa and Asia. Most recently, it has been rapidly spreading in South and Central America. The virus is expected to spread to nearly all countries in the Americas.



## What can you do to protect yourself?

The best way to prevent Zika is to prevent mosquito bites. No vaccine or specific treatments are available to prevent or treat Zika.

### CIVILIANS AND OFF DUTY SOLDIERS:

- Minimize time outside when mosquitos are active.
- Empty water from containers such as garbage cans, wading pools and flower pots.
- Control mosquitoes around the home by eliminating standing water where mosquitoes breed.
- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or use screens that keep mosquitoes outside.
- Use DEET or picaridin insect repellent on exposed skin.
- Treat clothing and gear with permethrin or buy permethrin-treated items.



### SOLDIERS SHOULD USE THE DOD INSECT REPELLENT SYSTEM

Wear a factory-treated Army Combat Uniform (ACU Permethrin). Check the tag in your uniform to confirm it is factory-treated. The Army Physical Fitness Uniform (APFU) is not treated with permethrin.



Apply DEET or Picaridin repellent to exposed skin.



Properly wear your uniform: tuck trousers into boots and undershirt into trousers, and wear sleeves down and snugly fastened



Sleep inside a permethrin-treated bed net.



## What are the symptoms?

About 1 in 5 people infected with Zika becomes ill. The illness is usually mild and symptoms last from several days to a week. Recently, Zika infection has been linked to Guillain-Barré syndrome and to infants born with birth defects.



## What are the dangers for pregnant women?

During pregnancy Zika may pass from mother to baby. Some women infected with Zika while pregnant have had babies born with microcephaly, a condition where a baby is born with an abnormally small head and incomplete brain development.

Normal head size

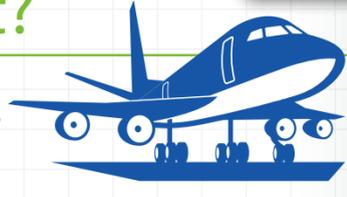


Studies are underway to learn more about the spread of Zika from mother to baby and the risks of Zika infection during pregnancy.



## Pregnant, nursing, or trying to get pregnant?

Women who are pregnant (in any trimester) should consider postponing travel to any area where Zika virus transmission is ongoing. If you must travel to one of these areas, talk to your doctor first and strictly follow steps to prevent mosquito bites during your trip.



- Use of approved insect repellents is safe during pregnancy.
- Speak with your healthcare provider to discuss the risk of infection with Zika.
- The ACU with permethrin is safe to wear; however, if you are pregnant, nursing, or trying to get pregnant you are authorized to temporarily wear an ACU without permethrin.

If your uniform is not treated with permethrin (maternity or untreated ACU) and you and your healthcare provider decide that wearing an ACU with permethrin is the best choice, you can learn how to treat your ACU by visiting:

<http://go.usa.gov/cymwB>

When applying permethrin, always read and follow the label directions.



0.5% permethrin spray can  
NSN 6840-01-278-1336

Note: If you are pregnant and live or work in an area with active Zika transmission, then talk to your chain of command.

All Army medical facilities have been notified of the concerns surrounding Zika infections and are prepared to assist patients who may have been infected.



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