

Zika Virus Testing

- ❖ Visit your healthcare provider if you think you may have Zika virus.
- ❖ Your provider can contact your local health department to seek approval for testing. Only providers can obtain approvals.
- ❖ Testing requires a prescription from a healthcare provider.

Fees: Contact the testing facility used by your healthcare provider and/or your health insurance company for information about potential fees for Zika testing.

Low cost healthcare services: New Jersey's Federally Qualified Health Centers (FQHCs) offer a wide range of healthcare services for the entire family, including Zika virus testing. For more information and to find an FQHC near you visit: <http://nj.gov/health/fhs/fqhc>.

Pregnant women: You may qualify for immediate assistance with healthcare costs, including Zika testing. Call the 24/7 Family Health Line at 1-800-328-3838 for more information.

For more information about Zika Virus and other mosquito-borne diseases:

NJDOH Communicable Disease Service
<http://www.nj.gov/health/cd>

Centers for Disease Control and Prevention
<http://www.cdc.gov/zika>

Pan American Health Organization
<http://www.paho.org/zika>

World Health Organization
<http://www.who.int/csr/disease/zika/en>



@NJDeptofHealth

**New Jersey Department of Health
Communicable Disease Service
PO Box 369
Trenton, NJ
Phone: 609-826-4872**



C2338

Know Before You Go...

Zika Virus Information for NJ Residents



Know the
facts and
protect
yourself



#ZapZika



Zika Virus: Know the Facts and Protect Yourself

What is Zika Virus?

- ❖ Zika is a viral infection usually spread through the bite of an infected *Aedes* mosquito.
- ❖ Zika can also spread from an infected man or woman to his or her sex partners and from a pregnant woman to her unborn baby.

There is no specific treatment or vaccine for Zika.

Symptoms

Most people with Zika virus have no symptoms. In the 20% of people who do get symptoms, illness is usually mild.

The most common symptoms include:

- ❖ Fever
- ❖ Red Eyes
- ❖ Joint Pain
- ❖ Headache
- ❖ Rash
- ❖ Muscle Pain

Areas with Zika

- ❖ Anyone who lives in or travels to an area where Zika is found is at risk for infection. For a current list of areas with Zika, visit: www.cdc.gov/zika/geo.
- ❖ All travelers should take steps to prevent mosquito bites for three weeks after they leave an area with Zika, even if they do not feel sick.

Sexual Transmission

- ❖ Sexual transmission of Zika virus is of particular concern during pregnancy.
- ❖ This includes vaginal, anal and oral sex, and the sharing of sex toys.
- ❖ The risk for sexual transmission of Zika virus can be eliminated by not having sex and reduced by using barrier methods against infection (male and female condoms and dental dams) correctly during every sexual encounter.

Pregnancy

Zika virus infection during pregnancy is a cause of a **serious birth defect called microcephaly, and may cause other severe brain defects.**

- ❖ Pregnant women in any trimester should avoid travel to areas with ongoing Zika virus transmission.
- ❖ Women planning to become pregnant should discuss travel plans and the risk of Zika with a healthcare provider.
- ❖ Preventing the sexual transmission of Zika should be practiced throughout the entire pregnancy.
- ❖ After travel to an area with Zika:
Men: wait **6 months** to conceive;
Women: wait **8 weeks** to conceive.

Protect Against Mosquito Bites

- ❖ Use Environmental Protection Agency (EPA)-registered **insect repellent** with one of the following active ingredients:
 - ☑ DEET
 - ☑ Picaridin
 - ☑ IR3535
 - ☑ Oil of lemon eucalyptus or Para-menthane-diol (PMD)
 - ❖ Always follow the product label instructions.
 - ❖ Do not use insect repellent on babies younger than two months old; do not use products containing oil of lemon eucalyptus or para-menthane-diol (PMD) on children younger than three years old.
- Once a week, empty, cover, or throw out any items that hold water like tires, buckets, and planters.**
- ❖ Use **larvicides** to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.
 - ❖ Keep windows and doors shut and use **air conditioning** when possible.
 - ❖ Use, install, or repair window and door **screens**.