

HIGH RISK POPULATIONS

Anyone who lives in or travels to an area where Zika virus has been found and has not already been infected with Zika virus can get it from a mosquito bite.

Where you live, your travel history, and the travel history of your sex partner(s) can affect your chances of getting Zika.

LEARN MORE

To find more information on pandemic illnesses, visit one of the following:

MINNEAPOLISMN.GOV/HEALTH/PREPAREDNESS

WWW.CDC.GOV

For reasonable accommodations or alternative formats please contact the Minneapolis Health Department at 612-673-2301 or health@minneapolismn.gov. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-673-2157 or 612-673-2626.

Para asistencia 612-673-2700 - Rau kev pab 612-673-2800 - Hadii aad Caawimaad u baahantahay 612-673-3500.



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minneapolismn.gov/pandemic



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ZIKA VIRUS

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Aedes Aegypti (CDC PHIL)

What is Zika Virus?

Zika is a viral infection spread primarily by two types of mosquitos: Aedes Aegypti and Aedes Albopictus. These mosquitos bite aggressively during the day, and can also bite at night.

Zika Virus can also be transmitted through unprotected sex, blood transfusion, and from parent to child during pregnancy.

SYMPTOMS

Symptoms for Zika Virus begin 3 to 14 days after being infected.

- Fever
- Rash
- Joint pain
- Conjunctivitis (pink eye)
- Muscle pain
- Headache

These symptoms can be mild and are often not noticeable.

TREATMENT

There is no known antiviral for Zika. It is important for the infected person to monitor their symptoms and stay hydrated. It is crucial to avoid anti-inflammatory medications such as aspirin and steroids.

PREVENTION

There is no vaccine to prevent Zika Virus, and mosquitos can spread the infection at any time of day or night. This is why it is important to control mosquitos around your home and other places where you spend time.

Prevention techniques:

- Use protection during sex
- Use insect repellent when you are outside
- Wear clothing that covers exposed skin on your arms and legs
- Install or repair screens on windows and doors
- Empty containers of standing water
- When possible, avoid traveling to areas where Zika virus has been found