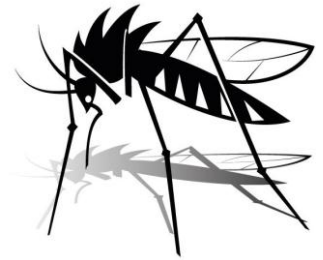




**CALAMBA MEDICAL CENTER**  
CALAMBA DISEASE PREVENTION & CONTROL CENTER

**EVERYTHING YOU NEED TO KNOW ABOUT**  
**ZIKA VIRUS**



### DIAGNOSIS

- The symptoms of Zika are similar to those of dengue and chikungunya, diseases spread through the same mosquitoes that transmit Zika.
- See your health care provider if you develop the symptoms and have visited an area where Zika is found.
- If you have recently traveled, tell your healthcare provider when and where you traveled.
- Your healthcare provider may order blood tests to look for Zika or other similar viruses like dengue or chikungunya.

### SYMPTOMS

- The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache. The incubation period (the time from exposure to symptoms) for Zika virus disease is not known, but is likely to be a few days to a week.
- Zika virus usually remains in the blood of an infected person for a few days but it can be found longer in some people.
- Severe disease requiring hospitalization is uncommon.

### TREATMENT

- No vaccines or medications are available to prevent or treat Zika infections

### PREVENTION

- No vaccine exists to prevent Zika virus disease (Zika).
- Prevent Zika by avoiding mosquito bites.
- Mosquitoes that spread Zika virus bite mostly during the daytime.
- Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.

### TRANSMISSION

- Zika is a disease caused by Zika virus that is spread to people through bite of an infected Aedes species mosquito.
- Mosquitoes become infected when they bite a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.
- Once a person has been infected, he or she is likely to be protected from future infections.
- There have been reports of a serious birth defect of the brain called microcephaly (a condition in which a baby's head is smaller than expected when compared to babies of the same sex and age) and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant.

For more information please call :  
Calamba Medical Center - Calamba Disease  
Prevention & Control (CDCC) at (049)  
5456080 loc. 3105  
Additional resources please visit:  
<http://www.cdc.gov/zika/>