

# ZIKA

WINTER 2019

*The Clinton County Health Department continues to monitor the Zika virus and has a local Zika Action Plan (ZAP). This Action Plan includes sharing information about Zika virus with residents, health care providers and community partners.*



## Why are we concerned about Zika virus?

- Zika infection in a pregnant woman can cause her baby to be born with severe birth defects, including microcephaly (a smaller than normal head).
- Zika is also linked to Guillain-Barré syndrome, an uncommon illness that causes muscle weakness and can lead to short-term paralysis (can't move part of your body).



## Local risk

Locally, the risk of Zika infection is associated with travel to areas where mosquitos are spreading the infection or through sex with someone who has traveled to a Zika affected area.

## Updates



As of January 1, 2019 there have been no cases of Zika virus resulting from the bite of a mosquito in New York State. However, travelers returning from Zika affected areas have tested positive for the Zika virus and others have gotten the virus through sex with an infected person. In the United States, there have been over 5,000 cases of Zika infection linked to travel.

## Steps you can take to protect yourself



- When making travel plans, especially to warmer climates, check <http://www.cdc.gov/zika/geo> for a list of places where Zika is active.
- Pregnant women should not travel to areas where mosquitos are spreading Zika virus to humans.
- Women who have traveled to an area with a risk of Zika should wait at least 8 weeks after the last possible exposure, or after symptoms start, and men who have traveled to an area with a risk of Zika should wait at least 6 months after the last possible exposure or after symptoms start, before trying to become pregnant.
- For more information on how to protect yourself, visit <http://www.cdc.gov/zika/prevention>.

## You should seek testing if



- You are a pregnant woman who has traveled to an area with Zika, even if you don't feel sick.
- You are a pregnant woman with possible exposure to Zika from sex .
- Your partner lives in or has traveled to an area with Zika and you have Zika symptoms.
- You have been in an area with Zika and have fever, rash, joint pain, or red eyes.

**The New York State Department of Health has a toll-free Zika information line for health care providers and patients at 1-888-364-4723. The line is open Monday– Friday 9:00 am to 5:00 pm.**

**CCHD**

Clinton County **HEALTH** Department

[www.ClintonHealth.org](http://www.ClintonHealth.org)

This information is adapted from the Centers for Disease Control & Prevention, <http://www.cdc.gov/zika>