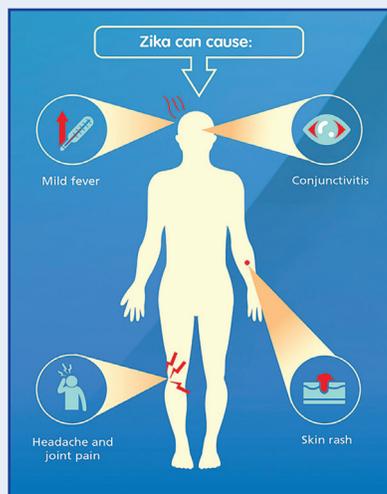


## Zika: What You Need to Know

On February 1, 2016, the World Health Organization issued a public health emergency of international concern due to the suspected link between Zika and the birth defect microcephaly, which occurs when a baby's brain does not develop properly during pregnancy or stops growing after birth, resulting in a smaller head size and other health issues.

The Zika virus is primarily spread by *Aedes* mosquitoes — the same mosquitoes that spread dengue, chikungunya and yellow fever. There is increasing evidence that Zika can also be spread by sexual transmission.



Source: Pan American Health Organization; World Health Organization

- Only one in five people infected with Zika develop symptoms, which include rash, fever, joint pain and conjunctivitis.
- Symptoms typically last two to seven days.
- There is also a suspected link between Zika and Guillain-Barre, a rare syndrome that can cause paralysis.

- There is no treatment, nor is there currently a vaccine.
- Understanding of Zika is still evolving; prevention is critical.

### Prevention

- To avoid being bitten, wear long sleeves and pants, especially during the day.
- Use mosquito repellent with DEET.
- Use insecticide-treated mosquito nets.
- Eliminate standing water where mosquitoes breed.

### Global Presence

Zika was discovered in Uganda in 1947 and has been present in Africa and Asia since that time. Since its presence in Brazil was first reported in May 2015, the virus has been identified in more than 20 countries in the Americas.



Source: Centers for Disease Control and Prevention

Reported active transmission in the Americas

- The majority of Zika cases in the U.S. are in travelers returning from Zika-infected countries.
- The CDC does not expect a widespread outbreak in the U.S.

### AmeriCares Response

AmeriCares is on the frontlines of the Zika crisis, caring for patients with suspected infections, providing prevention education and delivering critical supplies. Throughout Latin America and the Caribbean, AmeriCares is partnering with hospitals and clinics to ensure they are well equipped to address the outbreak.



A doctor from La Clínica Integral de Atención Familiar, AmeriCares clinic in El Salvador, with a patient and her healthy baby.

AmeriCares is an emergency response and global health organization that saves lives and builds healthier futures for people in crisis in the U.S. and around the world. For more information, visit [americares.org](http://americares.org)

For more information on the Zika virus and how to help, visit [americares.org/zika](http://americares.org/zika)