Zika is a virus transmitted by the Aedes mosquito, which also transmits dengue and chikungunya.

Onset is usually 2–7 days after the bite of an infected Aedes mosquito.

It is not clear yet if Zika sometimes causes more severe complications, like affecting unborn babies.

**How is Zika prevented?**

To prevent mosquito bites that transmit Zika:

- **Avoid mosquito bites especially during the daytime**
  - Wear insect repellent and long sleeves and pants.
  - Wear light coloured, long-sleeved shirts and long skirts or pants.

- **Be aware**
  - Know the advice of your health authorities for additional precautionary measures.
  - Pregnant women living in or considering travel to affected areas should consult with their public health or travel authorities.
  - If you are pregnant and feel that you may have been exposed to Zika virus, consult your health care provider for close monitoring of your pregnancy.

- **Clean your surroundings**
  - Empty, dispose appropriately, or cover all containers that could collect water lying around the inside or outside of your house—this is where mosquitoes like to breed.

**Is there treatment?**

There is no vaccine or specific drug against the virus.

Patients with symptoms of Zika infection should:

- Get plenty of bed rest.
- Wear clothing that covers arms and legs.
- Use screens or mosquito nets in windows and doors to reduce contact with mosquitoes.
- Use insect repellent as recommended by health authorities.
- Drink plenty of liquids.
- If symptoms worsen, consult a doctor.