



City and County of San Francisco  
Edwin M. Lee, Mayor

## San Francisco Department of Public Health

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### **Zika Virus: General Information and Frequently Asked Questions** *Updated as of August 26, 2016*

#### **What is Zika?**

- Zika is a disease you can get from a mosquito that carries the Zika virus.
- If a pregnant woman has Zika, the virus can cause serious birth defects in her baby.
- There is no vaccine to prevent or treatment to cure the Zika virus.

#### **What countries have Zika?**

- Right now, Zika is found mainly in Mexico and Central America, South America, the Caribbean, and some of the Pacific Islands
- Small areas of Florida also have Zika
- Zika is not spreading in San Francisco or California
- See [www.cdc.gov/zika/geo/index.html](http://www.cdc.gov/zika/geo/index.html) for more information about where Zika is spreading

#### **How does this disease spread?**

- The main way Zika spreads is through the bite of an infected *Aedes* mosquito. These mosquitoes usually bite during the day.
- People who have Zika virus can give it to their sex partners.

#### **What are the symptoms of Zika?**

- Fever, rash, joint or muscle pain, red eyes or pain in eyes
- Symptoms begin 2-7 days after being bitten by the infected mosquito. Most people do not have any of these symptoms.

#### **What about Zika during pregnancy?**

- If you are pregnant or planning to become pregnant, do not travel to countries that have Zika. If you cannot delay your travel plans you should talk to a health care provider, and you should protect yourself from mosquito bites.
- If a pregnant woman becomes infected with Zika, her baby may be born with birth defects.
- If you are pregnant and you or your sex partner have traveled to an area that has Zika, talk to a health care provider.

#### **How can I protect myself from mosquito bites?**

If you are in an area where Zika is present, protect yourself from mosquito bites by:

- Wearing long-sleeved shirts and long pants (treated with Permethrin if possible)
- Frequently applying insect repellent (bug spray) that has a high concentration of one of these ingredients: DEET, Picaridin, IR3535, or Oil of lemon eucalyptus
- Repellents are safe to use while pregnant or breastfeeding, if used according to directions

#### **How can I prevent getting Zika through sex?**

If you or your partner have traveled to a Zika-affected area, you should use condoms for 8 weeks after your return. If a man is diagnosed with Zika, he should use condoms for 6 months instead of 8 weeks.

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**The mission of the San Francisco Department of Public Health is to protect and promote the health of all San Franciscans.**

We shall ~ Assess and research the health of the community ~ Develop and enforce health policy ~ Prevent disease and injury ~  
~ Educate the public and train health care providers ~ Provide quality, comprehensive, culturally-proficient health services ~ Ensure equal access to all ~

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**What special precautions should pregnant women take to prevent getting Zika through sex?**

- Women who are pregnant and have male partners who have traveled from a country with Zika should use condoms or not have sex (vaginal, anal, or oral) during the entire pregnancy.
- Women who are pregnant and have female partners who have traveled from a country with Zika should use a barrier method or not have sex during the entire pregnancy.

**What if my partner and I are planning to get pregnant?**

- If you are planning to get pregnant and you or your partner has traveled to an area that has Zika virus, you should wait at least 8 weeks after leaving the country before trying to become pregnant. Until then, use condoms every time you have sex (vaginal, anal, or oral), or avoid sex.
- If your male partner was diagnosed with Zika infection or had symptoms of Zika, you should wait 6 months instead of 8 weeks.

**Questions?**

- Contact a health care provider. If you do not have a doctor, please call the New Patient Appointment Unit at (415) 682-1740. Get prenatal care as soon as you know you are pregnant.
- Visit the CDC Zika website at: [www.cdc.gov/zika/](http://www.cdc.gov/zika/)
- Visit the San Francisco Department of Public Health Zika Virus Information Webpage at: [www.sfcddcp.org/zika](http://www.sfcddcp.org/zika)