

# ZIKA

VIRUS

## Patient Information Fact Sheet

Your health care provider has evaluated you and consulted with the Alabama Department of Public Health (ADPH). You are being tested for the mosquito-borne diseases Zika, Dengue, and Chikungunya because of your exposure history.

An exposure history means you have traveled recently to/from a country with Zika virus transmission and developed symptoms within two weeks of travel, or you are pregnant with a travel history to a Zika-affected country, or you are pregnant and became symptomatic after a partner traveled to a Zika-affected area. Your health care provider will contact you with the results of the test. Please contact your health care provider with any questions you may have.

While waiting for your test results, please protect others by protecting yourself from additional mosquito bites. Please consistently use an EPA-approved insect repellent. Insect repellents containing DEET, IR3535, picaridin, some oil of lemon eucalyptus and para-methane-diol containing products provide long-lasting protection. You are also asked to wear long sleeves and pants to reduce the likelihood of bites. Aspirin and other nonsteroidal anti-inflammatory medications (NSAIDs) should be avoided until Dengue virus infection can be ruled out.

### You are being tested because of the following reason:

- You have an exposure history and are symptomatic (sick); or
- You are pregnant and have recently traveled to a Zika-affected area; or
- You are pregnant and became symptomatic after a partner traveled to a Zika-affected area or your sex-partner became symptomatic.

*Note: It is recommended that any male with a travel history with a sexual partner who is pregnant consistently and correctly use condoms for all sexual activity or abstain from sex for the duration of the pregnancy. Men who have traveled to Zika-affected areas and became symptomatic and have non-pregnant partners should consider abstaining from sexual activity or consistently and correctly use condoms for a period of at least 6 months following their return. Men with similar travel history but who did not become symptomatic and have non-pregnant partners should consider abstaining from sexual activity or consistently and correctly use condoms for a period of at least 8 weeks following their return. As more is learned about the duration of transmission by semen, that information will be shared. If it is possible that you could be pregnant, please talk with your physician about whether you need a pregnancy test.*

### ADDITIONAL INFORMATION CAN BE FOUND ON THE FOLLOWING WEBSITES:

The Alabama Department of Public Health (ADPH): [www.adph.org/mosquito](http://www.adph.org/mosquito)

The Centers for Prevention and Control (CDC), Fact Sheets and Posters:  
[www.cdc.gov/zika/fs-posters/index.html](http://www.cdc.gov/zika/fs-posters/index.html)

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