

Zoey Learns About Zika

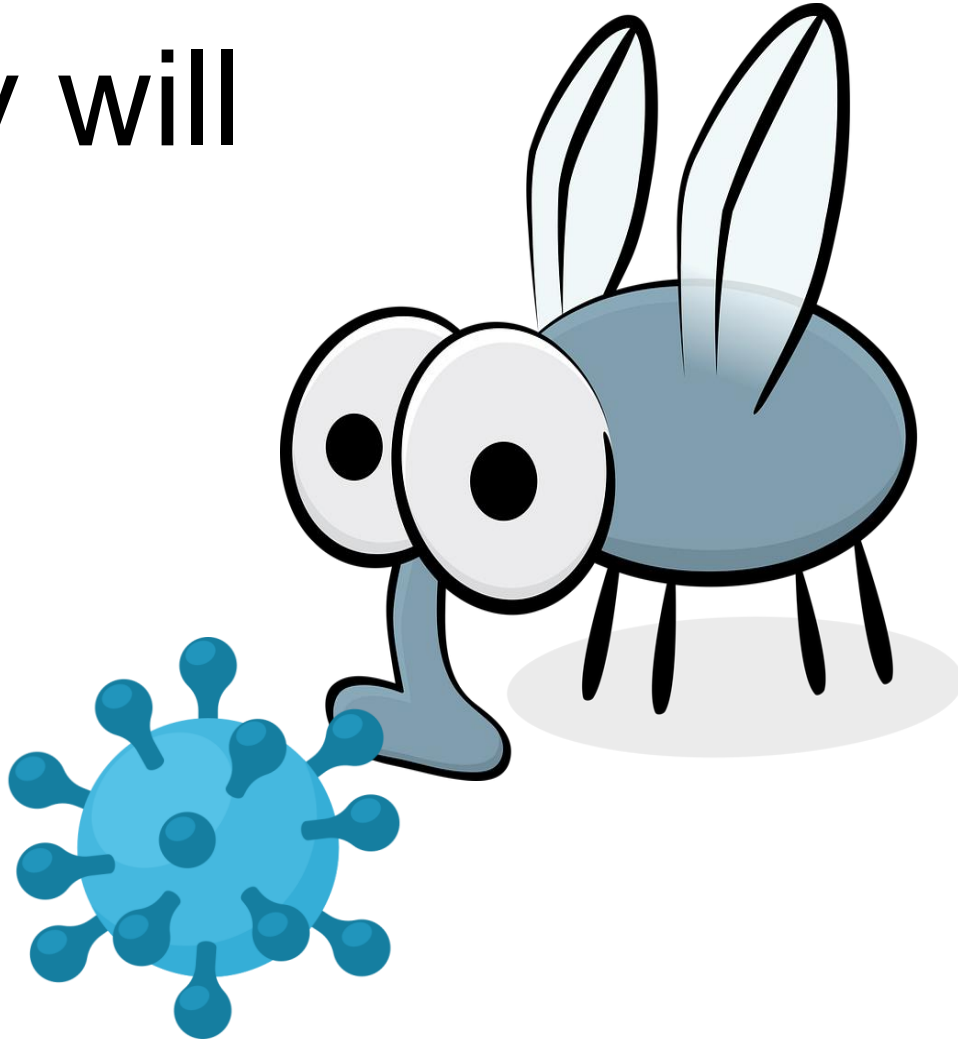
By Alexandra Pena



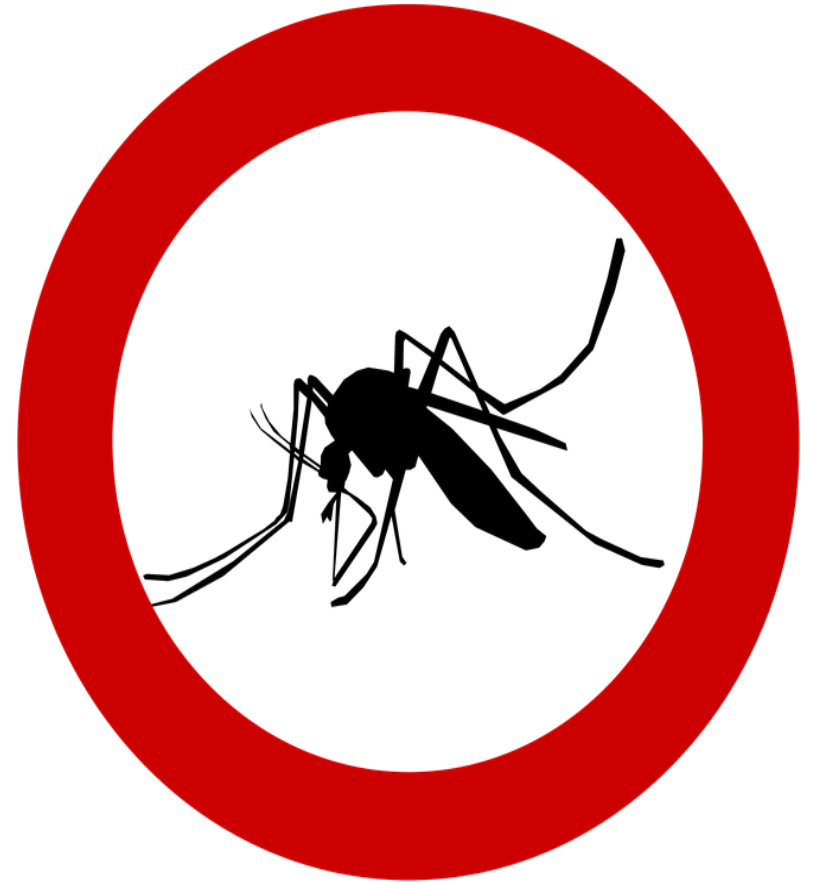
This is Zoey.
She is excited
to go to school
today.



Today, Zoey will
learn about
Zika.



Zika is a disease caused by the Zika virus, which is transmitted by mosquitoes.



Zika infection can be dangerous during pregnancy because it can hurt the baby even after it is born.



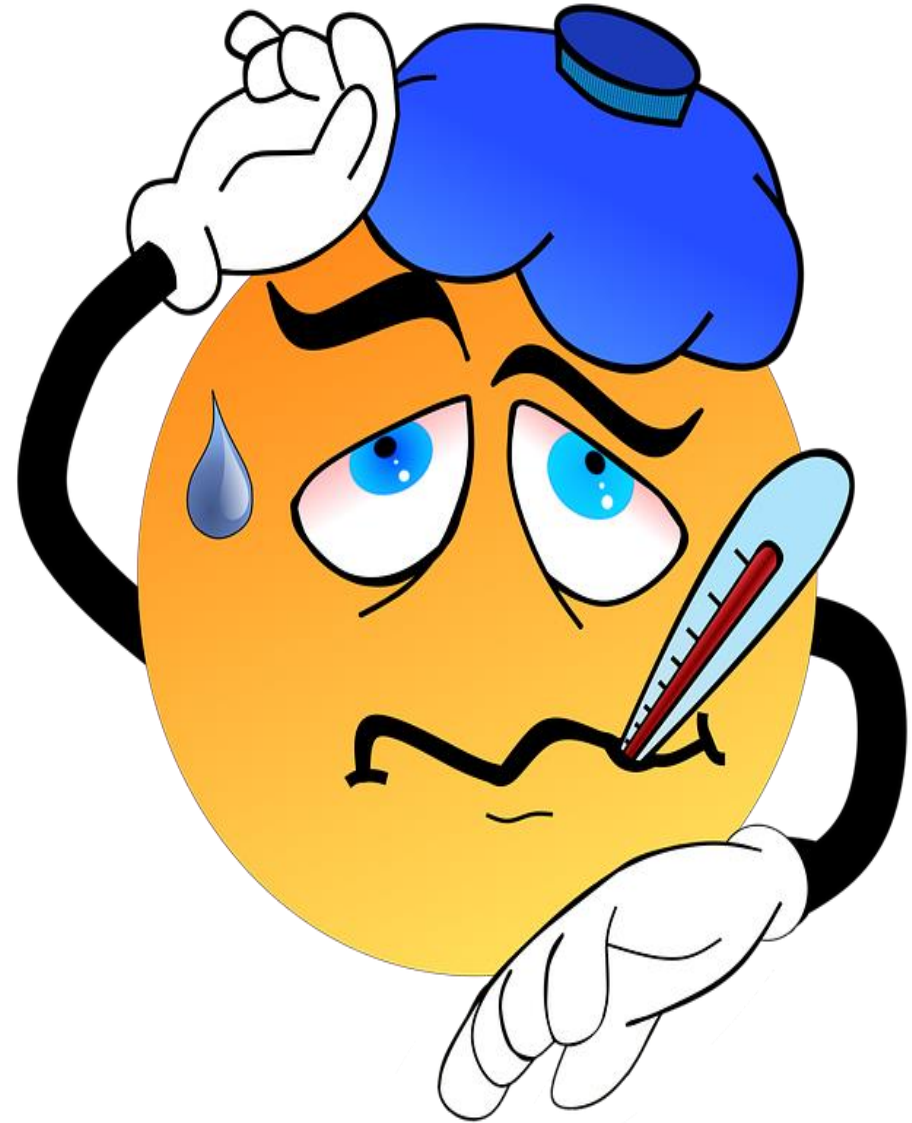
Zika can also trigger nerve damage in older children and adults.



Symptoms:

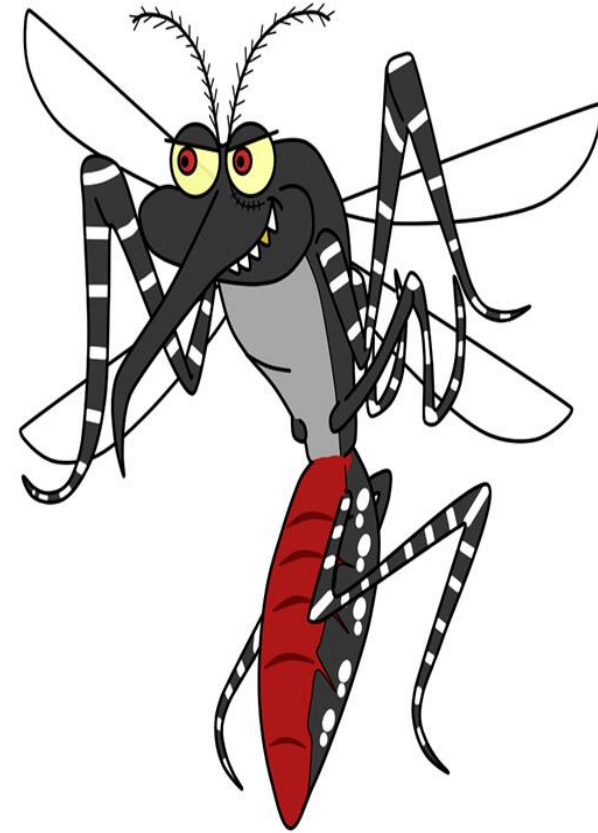
- Fever
- Rash
- Pink eye
- Muscle/ joint pain
- Headache

Most people do not show symptoms. If symptoms develop, they are usually mild lasting 2-7 days.



Zika comes from the bite of an Aedes mosquito that already has the virus.

Zika can also be given through childbirth, blood transfusions, and sexual contact.



Prevention

- Wear light colored clothing that covers most of the body
- Close doors and windows or use window screens
- Apply insect repellent
- Sleep under nets
- Drain standing water
- Clean trash



Home treatment

- Gets lots of rest
- Drink lots of water



You should see a doctor if your symptoms get worse or if they last for longer than 10 days.



Myths

- “If I don’t show Zika-related symptoms, then I’m safe.”

False! Only 20% of people show symptoms.

- “Zika only spreads by mosquitoes.”

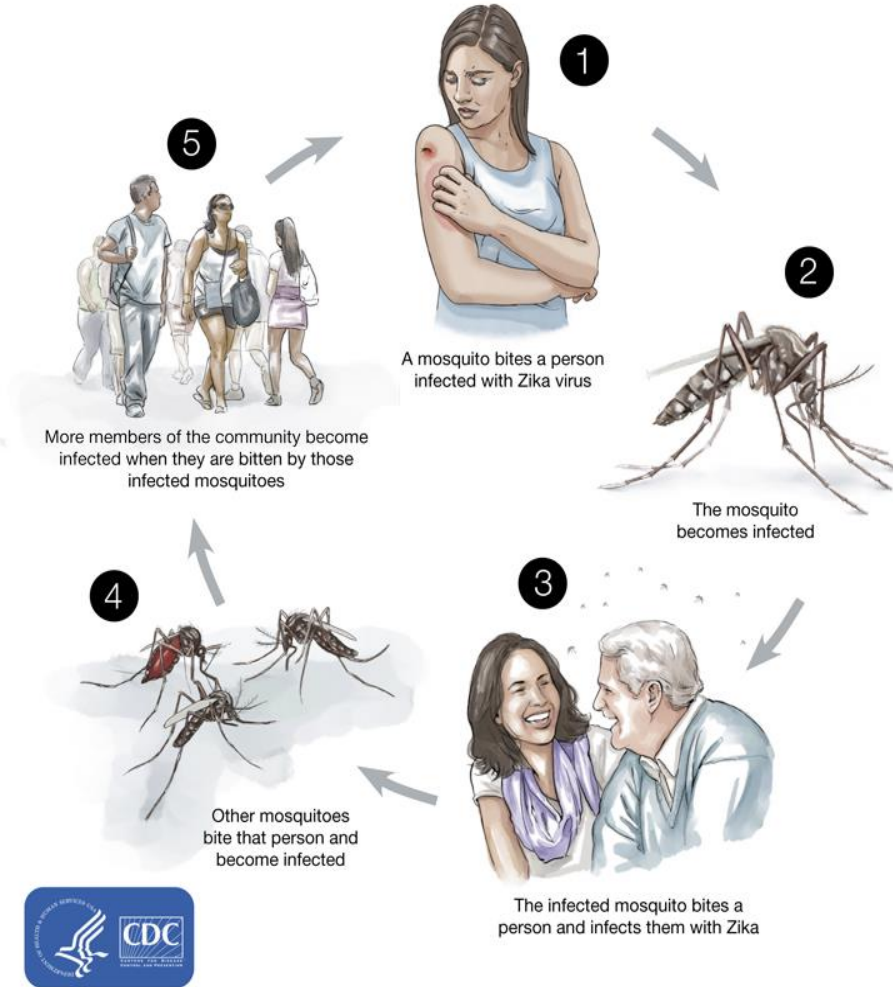
False! Zika can be spread by sexual interaction, from body fluids, or can be passed from mother to child during birth.

- “Zika is only dangerous to pregnant women.”

False! Zika can have lasting effects on those with underlying immune system damages.

How ZIKA Spreads

Most people get Zika from a mosquito bite



Other ways people get Zika



During pregnancy
A pregnant woman can pass Zika virus to her fetus during pregnancy. Zika infection during pregnancy can cause serious birth defects and is associated with other pregnancy problems.



Through sex
Zika virus can be passed through sex from a person who has Zika to his or her sex partners.



Through blood transfusion
Zika virus may be spread through blood transfusion.

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Zoey has learned very important information about Zika today. She will use this knowledge to stay Zika-free!



Sources

- <https://www.who.int/news-room/fact-sheets/detail/zika-virus>
- <https://www.cdc.gov/zika/about/overview.html>
- <https://www.cdc.gov/media/releases/2016/s0325-zika-virus-recommendations.html>
- <https://www.cdc.gov/zika/index.html>

Credits

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