



THE OHIO STATE UNIVERSITY

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# ZIKA COMMUNICATIONS

March 2016



# Communications

- Convene multi-disciplinary university response team
- Strong partnership with Columbus Public Health and Franklin County Health Department
- Leverage messaging
- Step by step approach



# ZIKA BASICS



Zika is spread mostly through the bites of **an infected Aedes species mosquito**. These mosquitos are aggressive daytime biters, but can also bite at night.



The most common **symptoms are fever, rash, joint pain and conjunctivitis (red eyes) within two weeks of exposure**. The illness is usually mild with symptoms lasting for several days to one week. About 80 percent of persons infected do not show symptoms and those who do usually don't get sick enough to go to the hospital.



**Sexual transmission** of Zika virus from a male partner is possible.

Men who have traveled to Zika-affected areas should **abstain from sex** or **use a condom every time**, and correctly.



Infection during pregnancy may be linked to **birth defects in babies**.

Pregnant women should avoid travel to Zika-affected areas. Women who are planning to become pregnant and their male partners should talk to their healthcare provider before traveling.



If you are traveling to a Zika-affected area, **plan ahead** to keep yourself and others healthy. **Take maximum precautions** to avoid mosquito bites and to practice safe sex.





#### PREVENTION WHEN TRAVELING TO ZIKA-AFFECTED AREAS

- Take maximum precautions to avoid mosquito bites
- Practice safe sex
- Wear long-sleeved shirts and long pants
- When possible, stay and sleep in facilities with air-conditioning or screened windows and doors. If not available, travel with mosquito netting



#### PREGNANT WOMEN OR WOMEN WHO PLAN TO BECOME PREGNANT

- Pregnant women should **avoid travel** to any Zika-affected areas  
See updated map at [www.cdc.gov/zika](http://www.cdc.gov/zika)
- If you must travel to these areas, talk to your doctor first and strictly follow steps to **prevent mosquito bites** during your trip
- Use condoms every time and correctly with **male partners who have traveled to these areas** or abstain from sex



#### MEN WHO HAVE TRAVELED TO AREAS WHERE ZIKA IS SPREADING

If you are sexually active with a woman who is or could become pregnant:

- **Abstain from sex** or
- **Use a condom** every time and correctly



#### HOW TO KNOW IF YOU SHOULD BE TESTED

Zika testing is recommended for:

- **Any pregnant woman** (with or without symptoms) who has traveled to a Zika outbreak area within the past two to 12 weeks
- **Any symptomatic traveler** (regardless of gender or age) to a Zika outbreak area within the past two to 12 weeks

Updated 3/1/16



## ZIKA PREVENTION



### PREVENTION WHEN TRAVELING TO ZIKA-AFFECTED AREAS

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## ZIKA BASICS



Zika is spread mostly through the bites of an infected *Aedes* species mosquito. These mosquitoes are aggressive daytime biters, but can also bite at night.



The most common symptoms are fever, rash, joint pain and conjunctivitis (red eyes) within two weeks of exposure. The illness is usually mild with symptoms lasting for several days to one week.



**Sexual transmission** of Zika virus from a male partner is possible.



Infection during pregnancy may be linked to birth defects in babies.



If you are traveling to a Zika-affected area, **plan ahead** to keep yourself and others healthy. **Take maximum precautions** to avoid mosquito bites and to practice safe sex.

Pregnant women should avoid travel to Zika-affected areas. Women who are planning to become pregnant and their male partners should talk to their healthcare provider before traveling.





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# ZIKA VIRUS

## KNOW BEFORE YOU GO

If you are planning to travel to a Zika-affected area, know how to **keep yourself and others safe!**

[osu.edu/zikainfo](http://osu.edu/zikainfo) [columbus.gov/zika](http://columbus.gov/zika)



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Zika virus

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## ZIKA VIRUS



**KNOW BEFORE YOU GO**

If you are planning to travel to a Zika-affected area, know how to **keep yourself and others safe!**

### What is Zika virus disease (Zika)?

Zika is a disease caused by the Zika virus and is spread to people primarily through the bite of an infected *Aedes* species mosquito. Sexual transmission of Zika virus from a male partner is possible as well, but mosquito bites remain the primary way that Zika virus is transmitted. Although sexual transmission of Zika virus is possible, there is no indication that it can spread from person to person through casual contact. The CDC continues to update their advice related to sexual transmission of Zika. Their most up-to-date recommendations can be found on their website: <http://www.cdc.gov/zika/transmission/sexual-transmission.html>.

Because there currently is no vaccine or treatment for Zika virus, the best way to avoid Zika virus infection is to prevent mosquito bites.

Mosquitoes that spread Zika virus are aggressive daytime biters. They can also bite at night.

Cases of Zika virus have been reported in the continental United States from either international travelers to areas with outbreaks or sexual contact with travelers to such areas. The mosquitoes that can carry Zika are found in some areas of the United States (not in Ohio); but no known cases of transmission from a mosquito in the US have been reported to date.

### What are the symptoms and complications that Zika virus can cause?

The most common symptoms are fever, rash, joint pain and conjunctivitis (red eyes) within two weeks of exposure. The illness is usually mild with symptoms lasting for several days to one week.

About 80 percent of persons infected do not show symptoms. Severe disease requiring hospitalization is uncommon. A rare condition, *Guillain-Barré* syndrome has been reported in patients following suspected Zika virus infections. Birth defects (*microcephaly*) in babies born to women who have had the Zika virus while pregnant is reported. More information on Zika virus infection and pregnancy is available on [CDC's website](#).

### Additional resources

- [CDC: Zika virus](#)
- [Columbus Public Health: Zika updates](#)
- [Ohio Department of Health: Zika updates](#)
- [Insect repellent use and safety](#)
- [Avoid bug bites](#)
- [Frequently asked questions](#)

### Communication tools

- [Poster](#)
- [Information Card](#)