



THE STATE
of **ALASKA**
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What is Zika?

Zika virus is a mosquito-borne virus. People who become infected with Zika usually have mild or no symptoms, but some may become ill. Zika also can cause a serious birth defect called microcephaly if a woman becomes infected while she is pregnant.

How is Zika transmitted?

Zika is primarily spread to people by bites from infected mosquitoes. The two species of mosquitos known to spread Zika, *Aedes aegypti* and *Aedes albopictus*, are not found in Alaska. Zika can also be spread via sexual transmission.

What are the symptoms of Zika?

Many people infected with Zika will have no symptoms at all. Those with symptoms may experience:

- fever
- rash
- joint pain
- red eyes
- muscle pain
- headaches

In some cases, Zika can cause more severe effects. Infections in pregnant women can have severe effects on their fetus, such as microcephaly. In rare cases, people with Zika infection have also gotten Guillain-Barre syndrome.

Have there been any cases of Zika in Alaska?

Alaska has lots of mosquitoes, but they are not the right kind to transmit Zika.

In 2007, there was an outbreak of Zika in the islands of the Pacific Ocean. One Alaskan who was travelling in the area during the outbreak got Zika. No Alaskans have gotten Zika during the current outbreak, although an out of state patient developed Zika while in Alaska in July 2016.

If I am travelling somewhere outside Alaska, should I be concerned about Zika?

You can see a map of places where Zika virus is being transmitted by mosquitos on the [CDC website](#). Travelling to these places puts you at risk for Zika, and you should take steps to prevent mosquito bites. If you are pregnant, you should avoid travelling to these places.

Mosquito-borne transmission of Zika has most likely occurred in Florida. At this time, there is not a travel restriction to this area, but pregnant women visiting areas with *Aedes aegypti* mosquitoes are encouraged to protect themselves from mosquito bites.

How can I protect myself from Zika?

Preventing mosquito bites will protect you from Zika. You can prevent mosquito bites by using EPA-registered insect repellent, long-sleeved shirts and pants, and sleeping behind screened windows or under a mosquito net.

Individuals who have travelled to an area with Zika and their sex partners should also take steps to prevent sexual transmission of Zika. This means using condoms correctly every time they have sex, or by not having sex.

What should pregnant women who have recently travelled to an area with Zika do?

Talk to your doctor, even if you don't feel sick. If you have symptoms of Zika during or within two weeks after your trip, see your doctor.

What should I do if I think I might have Zika?

See your doctor. Your doctor will talk to you about your travel history and any symptoms you may have, and can order a Zika test if one is needed. You must talk with your doctor before you can be tested for Zika.

Healthcare providers can contact the Section of Epidemiology at (907) 269-8000 to arrange for testing.

I am a health care provider, what can I tell my non-pregnant female patients and male patients about family planning?

A [family planning Toolkit](#) is available to help healthcare providers counsel patients.

Where can I go to learn more about Zika?

Alaska has a [Zika website](#) with additional information. The [CDC website](#) has detailed information for many specific scenarios and questions.