

Areas with Zika

As of February 9, 2016

On January 22, 2016, CDC activated its Incident Management System and, working through the [Emergency Operations Center](#) (EOC), centralized its response to the outbreaks of Zika occurring in the Americas and increased reports of birth defects and Guillain-Barré syndrome in areas affected by Zika. On February 1, 2016, the World Health Organization declared a [Public Health Emergency of International Concern](#) (PHEIC) because of clusters of microcephaly and other neurological disorders in some areas affected by Zika. On February 8, 2016, CDC elevated its response efforts to a Level 1 activation, the highest response level at the agency.

CDC is working with international public health partners and with state and local health departments to

- Alert healthcare providers and the public about Zika.
- Post [travel notices](#) and other travel-related guidance.
- Provide state health laboratories with diagnostic tests.
- Monitor and report cases of Zika, which will help improve our understanding of how and where Zika is spreading.

Areas with active mosquito-borne transmission of Zika virus

- Prior to 2015, Zika virus outbreaks occurred in areas of Africa, Southeast Asia, and the Pacific Islands.
- In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infections in Brazil.
- Currently, outbreaks are occurring in many countries.
- Zika virus will continue to spread and it will be difficult to determine how and where the virus will spread over time.
 - [For the latest Travel Notice Information](#)

US Territories

- Local mosquito-borne transmission of Zika virus has been reported in the Commonwealth of Puerto Rico, the US Virgin Islands, and American Samoa.
 - See [Areas with Zika: United States](#)

**Territories of the United States are sub-national administrative divisions overseen by the US federal government.*

US States

- No local mosquito-borne Zika virus disease cases have been reported in US states, but there have been travel-associated cases.
 - See [Areas with Zika: United States](#)
- With the recent outbreaks, the number of Zika cases among travelers visiting or returning to the United States will likely increase.
- 80% of cases will not be diagnosed.
- These imported cases could result in local spread of the virus in some areas of the United States.

Local mosquito-borne transmission

Local mosquito populations are infected with Zika virus and can transmit it to humans.

See [“What is Local Transmission?”](#)

Travel-associated transmission (imported case)

infection associated with travel to an area with local mosquito-borne transmission.

See [“What is an imported case?”](#)

All Countries and Territories with Active Zika Virus Transmission



Countries and Territories in the Americas with Active Zika Virus Transmission



Prevention

What we know

- No vaccine exists to prevent Zika virus disease (Zika).
- Prevent Zika by avoiding mosquito bites (see below).
- Mosquitoes that spread Zika virus bite mostly during the daytime.
- Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.
- [Prevent sexual transmission of Zika by using condoms or not having sex](#)

Steps to prevent mosquito bites

When [traveling](#) to countries where Zika virus or other viruses spread by mosquitoes are found, take the following steps:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.

- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
- Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellents. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.
 - Always follow the product label instructions.
 - Reapply insect repellent as directed.
 - Do not spray repellent on the skin under clothing.
 - If you are also using sunscreen, apply sunscreen before applying insect repellent.
- If you have a baby or child:
 - Do not use insect repellent on babies younger than 2 months of age.
 - Dress your child in clothing that covers arms and legs, or
 - Cover crib, stroller, and baby carrier with mosquito netting.
 - Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
 - Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
 - Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
 - If treating items yourself, follow the product instructions carefully.
 - Do NOT use permethrin products directly on skin. They are intended to treat clothing.



If you have Zika, protect others from getting sick

- During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites. An infected mosquito can then spread the virus to other people.
- To help prevent others from getting sick, avoid mosquito bites during the first week of illness.
- Zika virus can be spread by a man to his sex partners.
 - We do not know how long the virus is present in the semen of men who have had Zika.
 - We do know that the virus can be present in semen longer than in blood.
- To help prevent spreading Zika from sex, you can use condoms the right way every time you have sex. Not having sex is the best way to be sure that someone does not get sexually transmitted Zika virus.

If you are a man who lives in or has traveled to an area with Zika

- If your partner is pregnant, either [use condoms the right way](#) every time you have vaginal, anal, and oral (mouth-to-penis) sex or they should not have sex during the pregnancy.

If you are concerned about getting Zika from a male sex partner

- You can [use condoms the right way](#) every time you have vaginal, anal, and oral (mouth-to-penis) sex. Condoms also prevent HIV and other STDs. Not having sex is the best way to be sure that you do not get sexually transmitted Zika virus.

Information for travelers

- **Traveling?** [Visit CDC's Travelers Health website](#) to see if the country you plan to visit has any travel health notices.
- [Mosquito Bite Prevention for Travelers](#) [PDF - 2 pages]
- Read the Traveler's Health Yellow Book for more information on [Protection against Mosquitoes, Ticks, Fleas & Other Insects and Arthropods](#).

Transmission & Risks

Through mosquito bites

Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito (*A. aegypti* and *A. albopictus*). These are the same mosquitoes that spread [dengue](#) and [chikungunya](#) viruses.

- These mosquitoes typically lay eggs in and near standing water in things like buckets, bowls, animal dishes, flower pots and vases. They prefer to bite people, and live indoors and outdoors near people.
 - Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.
- Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.

Rarely, from mother to child

- A mother already infected with Zika virus near the time of delivery can pass on the virus to her newborn around the time of birth, but this is rare.
- A mother can pass Zika virus to her fetus during pregnancy. We are studying how Zika affects pregnancies.
- To date, there are no reports of infants getting Zika virus through breastfeeding. Because of the benefits of breastfeeding, mothers are encouraged to breastfeed even in areas where Zika virus is found.

Through sexual contact

- Zika virus can be spread by a man to his sex partners.
- In known cases of likely sexual transmission, the men had Zika symptoms.
- In one case, the virus was spread a few days before symptoms developed.
- The virus is present in semen longer than in blood.

Through blood transfusion

- As of February, 1, 2016, there have not been any confirmed blood transfusion transmission cases in the United States.

- There have been multiple reports of blood transfusion transmission cases in Brazil. These reports are currently being investigated.
- During the French Polynesian outbreak, 2.8% of blood donors tested positive for Zika and in previous outbreaks, the virus has been found in blood donors.

Risks

- Anyone who lives in or travels to an [area where Zika virus is found](#) and has not already been infected with Zika virus can get it from mosquito bites. Once a person has been infected, he or she is likely to be protected from future infections.

Additional Resources

- [MMWR: Transmission of Zika Virus Through Sexual Contact with Travelers to Areas of Ongoing Transmission — Continental United States, 2016](#)
- [Interim Guidelines for Prevention of Sexual Transmission of Zika Virus – United States, 2016](#)
- [Questions and Answers on Zika and Sexual Transmission](#)
- [Mosquito Life-Cycle](#)
- [Mosquitoes' Main Aquatic Habitats](#)
- [Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses](#)[PDF - 2 pages] (English)
- [Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses](#)[PDF - 2 pages] (Spanish)
- [Prevent Mosquito Production in your Septic Tank](#) [PDF - 1 page]

• About Zika Virus Disease

- Zika virus disease (Zika) is a disease caused by Zika virus that is spread to people primarily through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected. Once a person has been infected, he or she is likely to be protected from future infections.
- Zika virus was first discovered in 1947 and is named after the Zika forest in Uganda. In 1952, the first human cases of Zika were detected and since then, outbreaks of Zika have been reported in tropical Africa, Southeast Asia, and the Pacific Islands. Zika

outbreaks have probably occurred in many locations. Before 2007, at least 14 cases of Zika had been documented, although other cases were likely to have occurred and were not reported. Because the symptoms of Zika are similar to those of many other diseases, many cases may not have been recognized.

- In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil and on Feb 1, 2016, the World Health Organization (WHO) declared Zika virus a public health emergency of international concern (PHEIC). Local transmission has been reported in many other countries and territories. Zika virus likely will continue to spread to new areas.
- Specific [areas with ongoing Zika virus transmission](#) is ongoing are often difficult to determine and are likely to change over time. If traveling, please visit [the CDC Travelers' Health site](#) for the most updated travel information.