



FREQUENTLY ASKED QUESTIONS

A lot of people are curious about Zika. There are a lot of myths about Zika and some confusing information circulating. These frequently asked questions (FAQs) are to help you learn more about Zika. They also have information about what New Hampshire is doing to deal with Zika.

How do people get Zika?

Zika virus is most commonly spread by a certain type of mosquito called *Aedes aegypti*. It can also be spread by another mosquito called *Aedes albopictus*. When a mosquito that is carrying Zika bites a person, that person can get Zika. You can also get Zika by having sex with someone who has the virus. It is possible to get Zika from infected blood transfusions, or from used needles, but this is a rare event.

Can I get Zika from other bugs, such as ticks?

No. Based on the research done so far, the only insects capable of spreading Zika are *Aedes* mosquitoes listed above.

Can I get Zika in New Hampshire?

The New Hampshire Department of Health and Human Services monitors local mosquitoes every year from July 1st to October 15th for mosquito-borne diseases. As of right now, you are extremely unlikely to catch Zika in New Hampshire. There have been no reports of the mosquitoes that carry Zika being found in New Hampshire. Additional mosquito trapping is being done to try to find the mosquitoes that can spread Zika. If any of those mosquitoes are found, testing for Zika will be attempted.

Are there any cases of Zika in New Hampshire?

There have been cases of Zika in New Hampshire. These people had visited a place with Zika infected mosquitoes, or their sex partner had visited a place that had Zika infected mosquitoes. There are no known cases of local Zika infection due to mosquito bites.



How can I reduce my risk of being bitten by an infected mosquito?

It is very unlikely that you would be bitten by a Zika-infected mosquito in New Hampshire. However, you can reduce your risk even further by taking the usual precautions against mosquito bites: wear mosquito repellent when spending time outside; consider spraying your property against mosquitos; and don't leave standing pools of water around your yard, such as in storm gutters or rain barrels, because mosquitos breed in water. It is also recommended to protect yourself against mosquitoes and mosquito bites when travelling to other places. For more information, visit the [Mosquito Control page](#).

When is mosquito season?

In New Hampshire, mosquitoes are most active between June and September. You may see some mosquitoes at other times of year as well. For information about peak mosquito season in other places, please check local resources at your destination.

What are the symptoms of Zika? How will I know if I have it?

Most adults and children infected with Zika virus won't have symptoms or will only have mild symptoms. 80% of people won't notice any symptoms at all. Among those who do experience symptoms, they are typically mild and may be mistaken for the flu. Symptoms can include fever, rash, headache, joint pain, red eyes, and muscle pain. Symptoms usually last for a week or less and don't require medical attention. In extremely rare cases, Zika can lead to Guillain-Barré Syndrome, a severe and potentially fatal illness. For more information on what to do if you have Zika, consult the [Adults with Zika page](#).

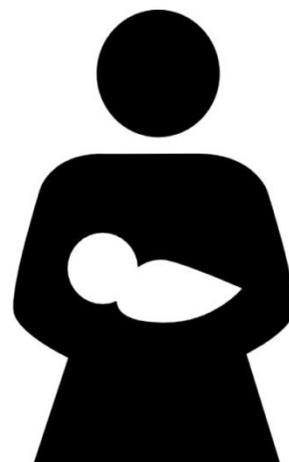
Zika can be harmful for a growing baby if a woman gets Zika during pregnancy. Babies may be born with heads and brains that are too small. These babies may also have learning problems and/or trouble moving their bodies. A woman can get Zika from a mosquito bite or from her sex partner.

Why is Zika worse for pregnant women?

If a woman gets Zika during pregnancy, even if she doesn't get sick, it can hurt the growing baby. The baby can have symptoms that never go away like a head or brain that is too small and learning problems or trouble moving their bodies. For more facts on Zika and pregnancy, visit the [Family Planning & Pregnancy page](#).

What is the outlook for children whose mothers had Zika during pregnancy?

There are a range of possible outcomes for children whose mothers had Zika during pregnancy. Some children may display no signs of impairment while others may have severe, permanent birth defects that could require long-term special care. Birth defects can include abnormally small heads, brain damage, eye





problems, and joint or muscle problems. If you believe your child or pregnancy may have been affected by Zika, talk to a health care provider about your concerns. For more information about affected children, visit the [Affected Children page](#). You may also wish to read the [Legal Resources page](#).

Is there any treatment or vaccine for Zika?

At this time there is no known treatment or vaccine for Zika.

How can I get tested for Zika?

Zika is diagnosed through blood and urine tests. If you are pregnant or planning to become pregnant, or have a pregnant partner, and believe you may have Zika, talk to a health provider to ask about getting tested.

I've recently traveled to a place that has Zika. What should I do now?

If you have recently traveled to a place with [active Zika transmission](#) and you are pregnant, or if you or your sexual partner are planning to become pregnant soon, you should contact a health provider to ask about getting tested for Zika. Otherwise, you don't need to do anything unless you experience Zika symptoms. If you do feel ill and think it might be Zika, contact a health provider and make sure to tell them about your recent travel. For more information, visit the [Travel Resources page](#).

I've been planning a trip to a place that has Zika. Should I cancel my trip?

The CDC recommends that pregnant women should not travel to [areas experiencing active Zika transmission](#). Other travelers are urged to follow steps to prevent mosquito bites and prevent sexual transmission during and after the trip. If you have specific health concerns, consult with your healthcare provider before traveling. For more information, visit the [Travel Resources page](#).

I'm pregnant and I have Zika. What should I do?

If you're pregnant and you think you have Zika, contact your healthcare provider as soon as possible. If they think you could have Zika, they'll help you get tested. If you do have Zika they can refer you for medical follow-up and help you find other resources and support. For more information on Zika and pregnancy, visit the [Family Planning and Pregnancy page](#).

How will I know if there's an outbreak of Zika near me?

If a Zika outbreak occurs in New Hampshire, state officials will alert the public and media. You can also continue checking this website for any updates about Zika in New Hampshire.

What is New Hampshire doing to prepare for and prevent Zika in the state?

The New Hampshire Department of Health and Human Services (DHHS), Division of Public Health Services (DPHS), has been tracking this virus, developing testing



protocols, and establishing surveillance in the event any cases are identified in travelers returning to New Hampshire. DPHS has also been coordinating with partners in the healthcare system in the State and is in frequent communication with the Centers for Disease Control and Prevention to prepare for the spread of this disease and will continue to do so. We are also working hard to keep the public informed.

Where can I get more facts about Zika Virus?

All of the sources discussed in these FAQ's and on New Hampshire's Zika webpages are from trusted organizations that do research on Zika and how to prevent it. You can find more information on the websites listed below.



CDC

<https://www.cdc.gov/zika/pdfs/fs-zika-basics.pdf>



**World Health
Organization**

World Health Organization Zika Fact Sheet

<http://www.who.int/mediacentre/factsheets/zika/en/>



**Pan American
Health
Organization**

Pan American Health Organization

http://www.paho.org/hq/index.php?option=com_content&view=article&id=11585&Itemid=41688&lang=en