

Zika Virus Information

- The recommendations regarding testing for the Zika virus come from the Center for Disease Control (CDC) and the Florida Department of Health.
- As of June 2, 2017, Miami-Dade County is not considered to be an area of concern for Zika virus transmission.
- Zika testing can be performed by collecting blood, urine, or both.
- A negative Zika test result does not guarantee that a pregnancy has not been affected by the Zika virus.
- Zika virus testing can always be obtained through your local health department office. While testing for Zika is no longer routine, anyone can obtain testing upon request.
- To find the nearest Florida Health Department location near you, go to miamidade.floridahealth.gov and click on the "Locations" tab.

Preventing the Zika Virus

- Zika virus can be passed from a pregnant woman to her fetus.
- Infection during pregnancy can cause a birth defect called microcephaly and other severe fetal brain defects.
- No vaccine exists to prevent Zika.
- Prevent Zika by avoiding mosquito bites. Use insect repellent containing DEET, picaridin, oil of lemon eucalyptus, or IR3535.
- Mosquitoes that spread Zika virus bite during the day and night.
- Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.
- Zika can be passed through sex from a person who has Zika to his or her sex partner. Condoms can reduce the chance of getting Zika from sex.
- Local mosquito-borne Zika virus transmission has been reported in the United States. Currently, Brownsville, Texas is the only area in the United States with active concern for Zika virus transmission.
- Wear clothing that covers your arms and legs.
- See below for a list of countries to avoid traveling to during your pregnancy. Please be aware that this list changes according to the CDC's recommendations. Your partner should also avoid travel to these areas.

Countries With Risk of Zika Infection

- According to the CDC, pregnant women and their partners should avoid traveling to the following countries during their pregnancy:
 - **North America:** Mexico
 - **The Caribbean:** Anguilla, Antigua and Barbuda, Aruba, The Bahamas, Barbados, Bonaire, British Virgin Islands, Cuba, Curacao, Dominica, Dominican Republic, Grenada, Haiti, Jamaica, Montserrat, Puerto Rico, Saba, Saint Kitts and Nevis, Saint Lucia, Saint Martin, Saint Vincent and the Grenadines, Sint Eustatius, Sint Maarten, Trinidad and Tobago, Turks and Caicos Islands, US Virgin Islands
 - **Central America:** Belize, Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Panama
 - **South America:** Argentina, Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Paraguay, Peru, Suriname, Venezuela
 - **The Pacific Islands:** Fiji, Marshall Islands, Micronesia, Palau, Papua New Guinea, Samoa, Solomon Islands, Tonga
 - **Asia:** Bangladesh, Burma (Myanmar), Cambodia, India, Indonesia, Laos, Malaysia, Maldives, Pakistan, Philippines, Singapore, Thailand, Timor-Leste (East Timor), Vietnam
 - **Africa:** Angola, Benin, Burkina-Faso, Burundi, Cameroon, Cape Verde, Central African Republic, Chad, Congo, Cote d'Ivoire, Democratic Republic of the Congo, Equatorial Guinea, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Kenya, Liberia, Mali, Niger, Nigeria, Rwanda, Senegal, Sierra Leone, South Sudan, Sudan, Tanzania, Togo, Uganda