

Zika Virus resources

This document contains links and resources directing providers to information concerning the Zika virus.

[Centers for Disease Control and Prevention \(CDC\)](#)

The CDC website is an excellent source for up-to-date information on the Zika Virus, including frequently asked questions.

[National Institutes of Health \(NIH\)](#)

Here is an excerpt from the NIH director's blog post:

“With no vaccine or treatment currently available to prevent or treat Zika infection, the best way for individuals — and pregnant women in particular — to protect themselves is to avoid traveling to places where Zika is known to be spreading. If an individual has to live or work in such a region, CDC recommends strict precautions to avoid mosquito bites, including wearing protective clothing, using insect repellants, and sleeping in rooms with window screens or air conditioning. Though still unproven, the link between Zika infection and microcephaly has also prompted CDC to issue interim guidelines recommending that women who are pregnant or planning to become pregnant consider postponing travel to areas where Zika virus has spread. This frequently updated list currently includes Puerto Rico, Mexico, and 20 other countries in South America, Central America, the Caribbean, the Pacific islands, and Africa [6].”

[The NJ Department of Health](#)

This source provides answers to frequently asked questions.

[NJ ParentLink](#)

This source provides a recently released article.

CDC recommendations for pregnant women: Until more is known, and out of an abundance of caution, CDC continues to recommend that pregnant women and women trying to become pregnant take the following precautions:

- Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who must travel to one of these areas should talk to their doctor or other health care professional first and strictly follow steps to avoid mosquito bites during the trip.
- Women trying to become pregnant should consult with their health care professional before traveling to these areas and strictly follow steps to prevent mosquito bites during the trip.
- Additional resources:
 - cdc.gov/zika/index.html
 - cdc.gov/zika/pregnancy/index.html
 - cdc.gov/zika/pregnancy/question-answers.html
 - cdc.gov/ncbddd/birthdefects/microcephaly.html
 - cdc.gov/zika/prevention/index.html
 - cdc.gov/travel/page/avoid-bug-bites

- [fda.gov/Drugs/EmergencyPreparedness/ucm085277.htm](https://www.fda.gov/Drugs/EmergencyPreparedness/ucm085277.htm)
- [cdc.gov/zika/pregnancy/travel-health-notice.html](https://www.cdc.gov/zika/pregnancy/travel-health-notice.html)
- [cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm](https://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm)
- [cdc.gov/travel/notice](https://www.cdc.gov/travel/notice)
- [nj.gov/health/cd/documents/faq/zika_faq.pdf](https://www.nj.gov/health/cd/documents/faq/zika_faq.pdf)