

## CDPH Reports Two Cases of Zika-Related Birth Defects in California

Two infants with Zika-related microcephaly have been born in California to women who had Zika virus infections during pregnancy following travel to a country where the virus is endemic. While mosquitos that can carry the virus have been found in [12 California counties](#), there is no evidence these mosquitoes are transmitting Zika in the state at this time.

CDPH and the Centers for Disease Control and Prevention (CDC) urge pregnant women to avoid travel to areas with known Zika transmission. Pregnant women who must travel to one of these areas should strictly follow steps to prevent mosquito bites and speak with a health care provider upon return.

Zika virus can be transmitted to sexual partners by both males and females. Those infected with the virus can transmit the disease to sexual partners after symptoms resolve and should take precautions.

During these warm summer months, CDPH reminds Californians to avoid mosquito bites by taking a few precautionary measures,

including using insect repellent containing DEET and emptying standing water in and around your home.

A team of experts across several disciplines at CDPH are working closely with local public health departments, vector control agencies, and the medical community to ensure that California is responding aggressively and appropriately to the emerging threat of Zika virus. CDPH is actively monitoring all pregnant women with Zika infection in California. The Department is also collaborating with local health Departments to provide assistance to families with infants born with Zika-related birth defects to ensure they receive appropriate medical care. Infants born to mothers with confirmed infections will be monitored for one year.

As of July 29, CDPH has confirmed [114 travel-associated Zika virus infections](#) in 22 counties. A total of 21 infections have been confirmed in pregnant women. This information is updated every Friday on the [CDPH Zika website](#).



While Zika infection is often asymptomatic, those who do have symptoms report 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. There is currently no vaccine or treatment for Zika other than supportive care, rest, fluids, and fever relief.

CDPH provides Zika-related pregnancy outcome data to the [U.S. Zika Pregnancy Registry](#) maintained by the CDC. The CDC is collecting this information to better understand the risks posed by Zika infection during pregnancy.

In order to protect privacy, CDPH is not releasing additional details or the locations of the mothers and children. Infants born with microcephaly as a result of maternal Zika infection do not pose a public health risk to their communities.

## Steps to Prevent Spread of Zika When Traveling and Upon Returning Home from an Area Experiencing Zika Virus

People who are traveling to areas known to have Zika virus should take these steps to avoid being bitten by mosquitoes:

- ✓ Use insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol for long-lasting protection. If you use sunscreen and insect repellent, apply the sunscreen first and then the repellent. Pregnant women and women who are breastfeeding should choose an EPA-registered insect repellent and use it according to the product label. Do not use insect repellents on infants under two months of age.
- ✓ Wear long-sleeved shirts and long pants.
- ✓ Use air conditioning or window and door screens to keep mosquitoes outside. If you are not able to protect yourself from mosquitoes indoors, sleep under a mosquito bed net.
- ✓ Reduce the number of mosquitoes outside by emptying standing water from containers, such as flowerpots and buckets.

Sexually-active adults who travel to areas with Zika transmission should use condoms or other barriers in order to avoid getting or passing Zika during sex. Couples planning pregnancy should speak with a health care provider about a safe time to wait before trying to get pregnant.

*For more information on Zika and other mosquito-borne illnesses, visit the [CDPH Zika virus information Web site](#)*