

For Parents: A Positive Zika Virus Test

What does it mean for my child?



You've just learned from your pediatrician or healthcare provider that your child has a positive Zika test result, which means your child has a Zika virus infection. During the first week of infection, Zika virus is in a person's blood. Prevent your child from getting bitten by mosquitoes. While the virus is in your child's blood, a mosquito can bite the child, get infected with the Zika virus, and spread the virus to other people.



Everyone who has Zika should take steps to protect themselves and others. This fact sheet explains what to do.

Is Zika a more serious illness for children than it is for adults?

Zika affects children the same way it affects adults. Many children and adults infected with Zika won't have symptoms, and those who do may have only mild symptoms lasting a few days to a week. The common symptoms are fever, rash, joint pain, and red eyes.

Will a Zika infection affect my child's growth and development, or his or her reproductive health?

For babies and children, Zika virus only remains in the blood for the first week of illness. After that, the virus has left the blood and is no longer in the body. Based on what we know now, Zika hasn't been linked to any developmental or growth issues in infants and young children who become infected after birth, and there is no evidence that it affects children's future ability to have healthy children of their own.

How can I treat my child's symptoms of Zika?

There is no specific medicine or vaccine for Zika. To treat the symptoms of Zika, make sure your child gets plenty of rest, drinks fluids to prevent dehydration, and takes medicine such as acetaminophen (Tylenol®) to reduce fever and pain, following product instructions for children based on age and size. To reduce the risk of bleeding, do not give your child aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs; such as like ibuprofen or naproxen) until dengue can be ruled out.

If your child is taking medicine for another medical condition, talk to your pediatrician or other healthcare provider before giving additional medicine. If your child gets sicker, get medical treatment right away because Zika has caused severe illness in rare cases.

How can I prevent my child from spreading Zika to others?

Protect them from mosquito bites.

Zika virus is spread to people primarily through mosquito bites. During the first week of infection, Zika virus is in a person's blood. The virus can be passed from an infected person to a mosquito through mosquito bites. An infected mosquito can then spread the virus to other people. To help prevent others from getting sick, strictly follow steps to prevent mosquito bites during the first week of your child's illness.

- ◆ Apply insect repellent on your child using [Environmental Protection Agency \(EPA\)-registered](#) insect repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol.
- ◆ Do not use insect repellent on children younger than 2 months old.
- ◆ Do not use oil of lemon eucalyptus on children younger than 3 years old.
- ◆ Dress your child in long-sleeved shirts and long pants and stay indoors with air conditioning as much as possible.
- ◆ You can cover the stroller with netting when taking infants outside.

Is my child protected from future infections?

Once your child has been infected with Zika virus, he or she is likely to be protected from future infections.

