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RALEIGH, (SGRToday.com) - State health officials are taking pro-active action to make sure North Carolinians understand the risk of infection to the Zika virus when traveling to Central America, South America or the Caribbean.

The public warnings come as the virus has begun to emerge. To date, however, no cases of Z ika

virus infection have been reported in North Carolina.

"Pregnant women are urged to take note of the recent CDC travel recommendations advising that travel to areas with active virus transmission be postponed if possible," said Randall Williams, MD, State Health Director in a news release. "Suspected cases of Zika are now required to be reported. Our State Laboratory for Public Health is currently coordinating testing of Zika virus with the Centers for Disease Control and Prevention, and has a history of rapidly implementing testing for emerging threats."

Zika virus is transmitted through the bite of an infectious mosquito. Symptoms include rash and red eyes. Less common symptoms include fever, joint pains and muscle aches.

Only about one in five people infected with Zika virus will show symptoms, according to health officials.