

Important Information about Zika

For people living in areas where mosquitoes are not spreading Zika



If a woman gets Zika while she is pregnant, she may have a miscarriage or her baby may be born with serious birth defects.

How people get the Zika virus

- ▶ In some places, Zika is spread by mosquitoes.
- ▶ A man or woman with Zika can also spread it to others through vaginal, anal or oral sex, or sharing sex toys.
- ▶ The mosquitoes that carry Zika bite day and night.

What we don't know about Zika

There are many things we don't know about Zika, including:

- ▶ How likely it is that Zika will affect a woman's fetus during pregnancy
- ▶ If the effect of Zika on a fetus is different depending on when during pregnancy a woman is infected
- ▶ How long the Zika virus can stay in semen and vaginal fluid
- ▶ Where mosquitoes that spread Zika will be found in the United States in the future
- ▶ When a vaccine or medicine to prevent or treat Zika may be available

Are YOU at risk?

You may be exposed to Zika:

- ▶ If you live in (or travel to) an area with mosquitoes that spread Zika
- ▶ If you have sex with a man or woman who has Zika

Protect yourself and others from Zika

To prevent Zika when having sex you can **use condoms** (male or female) **every time during vaginal, anal or oral sex:**

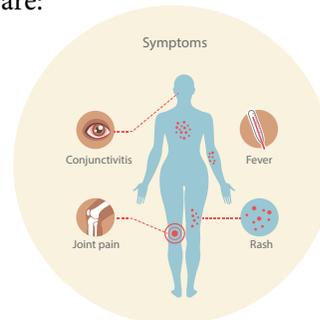
- ▶ If you have sex with a man or woman who may have been exposed to Zika
- ▶ If you are a man or woman who may have been exposed to Zika

If you are sexually active and at risk for unplanned pregnancy, you can also choose to use one of the many **safe, effective contraceptive methods**.

If you travel to areas where mosquitoes spread Zika, use mosquito repellent and follow steps to **prevent mosquito bites**.

Symptoms of Zika

Most people with Zika don't know they have it. The illness is usually mild with symptoms lasting for several days to a week. Common symptoms are:



- ▶ Fever
- ▶ Rash
- ▶ Joint pain
- ▶ Red eyes

You can spread Zika even if you do not have symptoms.



For the most current information on areas with Zika, talk with your healthcare provider or check the CDC site: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

For more information and health services contact:

Find the latest information about Zika on the Centers for Disease Control website: <http://www.cdc.gov/zika/>