

ZIKA VIRUS

ALERT

PROTECTION & PREVENTION



ZIKA VIRUS is spread by being bitten by an infected *Aedes* species mosquito. The mosquitoes are daytime biters, but can also bite at night.

PROTECTION



Zika virus can be passed through sex from a person who has Zika to his or her partners, even if the infected person does not have symptoms at the time. Men who are sexually active with a woman who is or could become pregnant should use a condom or abstain from sex of any kind.



Zika virus infection during pregnancy is linked to birth defects in babies.

Pregnant women should avoid travel to Zika-affected areas. If travel is a must, follow steps to prevent mosquito bites.



Common symptoms are fever, rash, joint pain, headache and conjunctivitis (red eyes) within 2 weeks of exposure.

There is no vaccine or medicine for Zika.



All travelers with symptoms and all pregnant women who have visited Zika-affected areas recently should seek testing as soon as possible.

PREVENTION



- Use mosquito repellent containing DEET or Picaridin. Always apply sun screen before applying repellent.
- Wear light-colored, long-sleeved clothing when possible.
- Use air conditioning or window/door screens. Make sure to patch any holes in screens.
- Prevent mosquitoes from breeding by emptying containers that hold water. Drain and refill bird baths and wading pools every 3-4 days.
- Treat rain barrels with larvicide or empty every 3-4 days.
- Follow insect repellent label carefully for young children & infants. Do not use repellent on babies younger than 2 months.