

ZIKA BASICS



Zika is spread mostly through the bites of **an infected Aedes species mosquito**. These mosquitoes are aggressive daytime biters, but can also bite at night.



The most common **symptoms are fever, rash, joint pain and conjunctivitis (red eyes) within two weeks of exposure**. The illness is usually mild with symptoms lasting for several days to one week. About 80 percent of persons infected do not show symptoms and those who do usually don't get sick enough to go to the hospital.



Sexual transmission of Zika virus from a partner is possible.

Anyone who has traveled to Zika-affected areas should **abstain from sex or use a condom or other barrier every time**, and correctly.



Infection during pregnancy may be linked to **birth defects in babies**.

Pregnant women should avoid travel to Zika-affected areas. Women who are planning to become pregnant and their partners should talk to their healthcare provider before traveling.



If you are traveling to a Zika-affected area, **plan ahead** to keep yourself and others healthy. **Take maximum precautions** to avoid mosquito bites and to practice safe sex.





PREVENTION WHEN TRAVELING TO ZIKA-AFFECTED AREAS

- Take maximum precautions to avoid mosquito bites
 - Practice safe sex
 - Wear long-sleeved shirts and long pants
 - When possible, stay and sleep in facilities with air-conditioning or screened windows and doors. If not available, travel with mosquito netting
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PREGNANT WOMEN OR WOMEN WHO PLAN TO BECOME PREGNANT

- Pregnant women should **avoid travel** to any Zika-affected areas
See updated map at www.cdc.gov/zika
 - If you must travel to these areas, talk to your doctor first and strictly follow steps to **prevent mosquito bites** during your trip
 - Use condoms every time and correctly with **partners who have traveled to these areas** or abstain from sex
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ANYONE WHO HAS TRAVELED TO AREAS WHERE ZIKA IS SPREADING

If you are sexually active with a woman who is or could become pregnant:

- **Abstain from sex** or
 - **Use a condom or other barrier** every time and correctly
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HOW TO KNOW IF YOU SHOULD BE TESTED

Zika testing is recommended for:

- **Any pregnant woman** (with or without symptoms) who has traveled to a Zika outbreak area within the past two to 12 weeks
- **Any symptomatic traveler** (regardless of gender or age) to a Zika outbreak area within the past two to 12 weeks