

# TOP 5 THINGS EVERYONE NEEDS TO KNOW ABOUT ZIKA



# 1



**Zika primarily spreads through infected mosquitoes. You can also get Zika through sex.**

Many areas in the United States have the type of mosquitoes that can spread Zika virus. These mosquitoes are aggressive daytime biters and can also bite at night. Also, a man infected with Zika can pass it to others through sex.

# 2

**The best way to prevent Zika is to prevent mosquito bites.**

- Use insect repellent. It works!
- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or window and door screens.
- Remove standing water around your home.



# 3



**Zika is linked to birth defects.**

Zika infection during pregnancy can cause a serious birth defect called **microcephaly** that is a sign of incomplete brain development. If you have a male partner who lives in or has traveled to an area with Zika, do not have sex, or use condoms the right way, every time, during your pregnancy.

# 4

**Pregnant women should not travel to areas with Zika.**

If you must travel to one of these areas, talk to your healthcare provider first and strictly follow steps to prevent mosquito bites during your trip.



# 5



**Returning travelers infected with Zika can spread the virus through mosquito bites.**

Zika virus can stay in your blood for a week. When a mosquito bites you, you can pass the virus to the mosquito. The infected mosquito bites other people, who get infected.