

# There is a link between certain birth defects & Zika.



## We know how Zika spreads.

**ZIKA-INFECTED MOSQUITOES** The mosquito bites someone.

**MEN INFECTED WITH ZIKA** A man may pass Zika to his partner during vaginal, oral or anal sex.

**PREGNANT WOMEN WITH ZIKA** A pregnant woman may pass Zika to her fetus.

**4 out of 5 people with Zika do not get sick so travel history is important.**

**WWW.CDC.GOV** Check this site for the most up-to-date list of areas with Zika.

**FEVER, RASH, JOINT PAIN, RED EYES** If you—or friends and family—have traveled to an area with Zika, and have these symptoms, see your health care provider right away.

## Men: Protect Your Partner & Baby

If you—or friends and family—have traveled to an area where Zika is spreading, take extra care. If your partner is pregnant, **EVERY TIME** you have sex, use a condom **CORRECTLY**, or do not have sex.

## Everyone: Don't Get Bit by Mosquitoes

**MOSQUITO-PROOF SKIN OUTDOORS** Wear long-sleeve shirts and pants. Use Environmental Protection Agency (EPA)-registered insect repellents.

**MOSQUITO-PROOF BUILDINGS & HOMES** Mosquitoes can live indoors and bite day or night. Keep doors and windows shut or covered with undamaged screens.

**MOSQUITO-PROOF YARDS** Every week drain standing water around buildings and homes—a bottle cap holds enough water for mosquitoes to lay eggs. Drain flower pots, pet bowls, buckets, toys, etc.

## Women: Protect Your Baby

If your partner—or his friends or family—have traveled to an area where Zika is spreading, take extra care if you are pregnant. **EVERY TIME** you have sex, use a condom **CORRECTLY**, or do not have sex. Protect yourself from mosquito bites during pregnancy.

