

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

**We are learning more about how Zika spreads.**

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

**SEXUAL TRANSMISSION** 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.

**BODILY FLUIDS** Zika can possibly be spread through contact with bodily fluids like urine.

**4 out of 5 people with Zika do not get sick, so it's important to take precautions.**

## **TRAVEL HISTORY IS IMPORTANT**

Check out [www.cdc.gov](http://www.cdc.gov) for the most up-to-date list of areas with Zika.

**SYMPTOMS** Fever, rash, joint pain, red eyes are symptoms of Zika virus. If you—or friends and family—have traveled to an area with Zika, and have these symptoms, see your health care provider right away.

**LOCAL MOSQUITOES** These mosquitoes can become infected and transmit the virus to family members and neighbors, so it is important for you and your partner to take precautions against mosquito bites at all times.

## **Men: Protect Your Partner & Baby**

If you—or friends and family—have traveled to or live in an area where Zika is spreading, take extra care. If your partner is pregnant, use barrier methods correctly every time you have sex, or do not have sex. Protect yourself from mosquito bites while your partner is pregnant.

## **Women: Protect Your Baby**

If you're pregnant and you have sexual partners—male or female—who live in or who have traveled to an area with Zika virus, use barrier methods during sex to protect against infection or do not have sex while pregnant.

## **Everyone: Don't Get Bit by Mosquitoes**

**MOSQUITO-PROOF SKIN OUTDOORS** Wear long-sleeve shirts and pants. Use Environmental Protection Agency-approved 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.

