

# ZIKA PREVENTION

## Protect yourself and others from Zika

Zika is a disease primarily spread by mosquitoes, but it may also be spread by sexual contact with someone who is infected or from a pregnant woman to her fetus.

Learn more about Zika at [cdc.gov/zika](https://www.cdc.gov/zika).

### Zika symptoms

- Most people infected with Zika virus don't know they have it because they have no symptoms. In those with symptoms the illness is usually mild and lasts about a week.
- The most common symptoms are:
  - Red eyes
  - Joint pain
  - Fever
  - Rash

### Prevent mosquito bites

Protect yourself from mosquito bites, especially if you live in or are traveling to an area where Zika virus transmission is ongoing.

- Use insect repellent containing DEET, picaridin, IR3535, OLE or PMD. Reapply as directed. Remember, if needed, to apply sunscreen first and then insect repellent.
- Cover exposed skin when possible with light-weight clothing.
- Stay and sleep in screened-in or air-conditioned rooms whenever possible. Use a bed net if sleeping outside or in rooms without screens.
- Find out if your travel destination has ongoing Zika transmission at the CDC Traveler's Health site: [cdc.gov/travel](https://www.cdc.gov/travel).
- Watch for the symptoms listed above for about two weeks after traveling to any area where Zika transmission is occurring. If you experience these symptoms seek medical care. You could be infected with Zika or another disease carried by mosquitoes.
- Continue preventive measures for 3 weeks after returning from an area where Zika transmission is occurring to protect your community and prevent infection of mosquitoes locally.

### Zika and sex

- Zika can be spread during sex (vaginal, anal or oral).
- Couples that include a man who has been diagnosed with Zika, had symptoms of Zika or traveled to an area with active Zika transmission but did not have symptoms, should correctly and consistently use condoms OR abstain from sex **for at least 3 months**.
- Couples that include a woman who has been diagnosed with Zika, had symptoms of Zika or traveled to an area with Zika but did not develop symptoms, should correctly and consistently use condoms OR abstain from sex **for at least 2 months**.
- Pregnant women with sex partners who have traveled to areas with active Zika virus transmission, who have been diagnosed with Zika or who suspect Zika should use condoms OR abstain from sex **for the duration of the pregnancy**.

### If you suspect Zika

- Call your doctor immediately and tell him or her about your travel history or possible sexual exposure.
- Avoid mosquito bites and use insect repellent and other protective measures as needed.
- Use condoms correctly and consistently when having sex OR abstain from having sex.

If you are planning on traveling, find out if your destination has Zika at the CDC Travelers' Health site: [cdc.gov/travel](https://www.cdc.gov/travel).