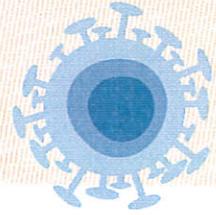


## What is Zika?

Zika virus spreads to people primarily through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). People can also get Zika through sex with an infected man, and the virus can also be passed from a pregnant woman to her unborn child.



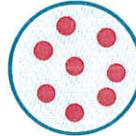
## Symptoms

The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. Since often the symptoms are not bad enough to require hospitalization, many do not even realize that they have been infected.

### FEVER



### RASH



### JOINT PAIN

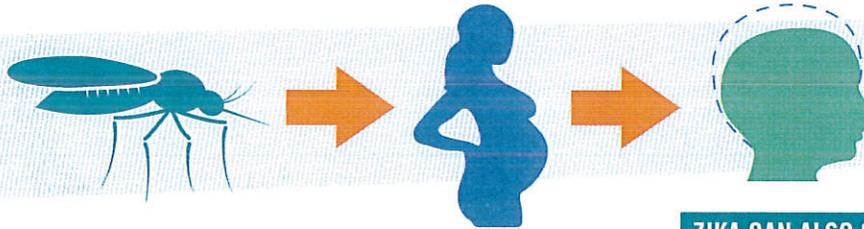


### RED EYES



## Zika During Pregnancy

Zika virus infection during pregnancy can cause a serious birth defect called **microcephaly**, as well as other severe fetal brain defects.



## How Does Zika Spread?

It is a common misconception that all mosquitoes only bite at night. The mosquitoes that carry Zika virus prefer to bite during the day but will also bite at night. A mosquito becomes infected after biting someone with Zika and then, after about 10 days, transfers it to whomever it bites.

### ZIKA CAN ALSO SPREAD:

- » THROUGH INTERCOURSE WITH A MAN INFECTED WITH ZIKA
- » FROM A PREGNANT WOMAN TO HER UNBORN BABY
- » THROUGH BLOOD TRANSFUSIONS

## Preventing Zika

**There is no vaccine at this time to prevent Zika.** The best way to prevent disease spread by mosquitoes is to protect yourself and those around you from mosquito bites.

- Wear long-sleeved shirts and pants
- Stay in places with air conditioning, window and door screens

### PRACTICE THE 3 D'S



- » **DRAIN:** EMPTY OUT WATER CONTAINERS AND SCRUB THEIR INSIDES TO REMOVE MOSQUITO EGGS AT LEAST ONCE EVERY 5 DAYS.
- » **DRESS:** WEAR LONG SLEEVES, LONG PANTS, AND LIGHT-COLORED, LOOSE-FITTING CLOTHING
- » **DEFEND:** PROPERLY APPLY AN APPROVED REPELLENT SUCH AS DEET, PICARIDIN, IR3535 OR OIL OF LEMON-EUCALYPTUS

- Control adult mosquitoes through eliminating mosquito breeding sites, space sprays and vegetation management
- Use Environmental Protection Agency (EPA)-registered insect repellents. Always follow the product label instructions.



- » When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.
- » Do not use insect repellents on babies younger than 2 months old.
- » Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.

- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them from mosquito bites.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.



For more information on mosquito control and the Zika Virus, visit [www.mosquito.org](http://www.mosquito.org).

Sources: American Mosquito Control Association, Environmental Protection Agency and the Centers for Disease Control and Prevention (CDC)