

ZIKA BASICS



Zika is spread mostly by being **bitten by an infected *Aedes species* mosquito**. These mosquitoes are aggressive daytime biters, but can also bite at night.



Common symptoms are fever, rash, joint pain, and conjunctivitis (red eyes) within two weeks of exposure. The symptoms are usually mild and only affect 1 in 5 infected people.



There is **no vaccine or medicine** for Zika. The best way to prevent Zika is to prevent mosquito bites.



Infection during pregnancy is linked to **birth defects in babies**.



Sexual transmission of *Zika virus* from a male partner is possible.



Check for **updates on Zika-affected countries** and travel advisories at www.cdc.gov/zika.

CHECK FOR UPDATES -
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PREGNANT WOMEN (OR MAY BECOME PREGNANT)

- **Avoid travel** to any area where *Zika virus* is spreading.
- If you must travel to these areas, talk to your doctor first and strictly follow steps to **prevent mosquito bites** during your trip.
- Use condoms every time and correctly with **male partners who have traveled to these areas** or abstain from sex.

TRAVELERS TO AREAS WHERE ZIKA IS SPREADING

- **Prevent mosquito bites** while traveling and for 3 weeks after returning.
- **Use a condom** every time and correctly - or -
- **Abstain from sex.**

PREVENT MOSQUITO BITES

- **Empty or get rid** of items that hold water around your yard or surroundings.
- **Treat rain barrels** for mosquitoes.
- Check and **repair window screens** around your home.
- Use an **EPA-registered insect repellent** and follow the label carefully.

ZIKA TESTING

- **All travelers with symptoms** who have visited a Zika-affected area in the past 12 weeks - seek testing as soon as symptoms appear.
- **Pregnant women** who traveled to a Zika-affected area in the past 12 weeks or had unprotected sex with a male who may have Zika - contact a doctor about testing.

This document was developed in partnership with Columbus Public Health, Franklin County Public Health, Mount Carmel Health System, Nationwide Children's Hospital, OhioHealth, and The Ohio State University Wexner Medical Center. Last updated 5/2/2016.

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