

# Health Advisory: Zika



## How you can get Zika

- ◆ Zika is a disease mainly spread by mosquitoes.
- ◆ Zika can also be spread through sex with a person who has the virus. You can get Zika through sex with a person who has the virus—even if he or she does not show symptoms.

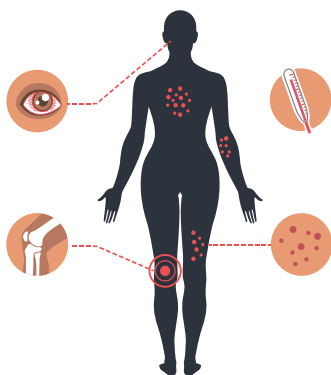
## Zika symptoms

The most common symptoms of Zika are:

- ◆ Fever
- ◆ Rash
- ◆ Joint pain
- ◆ Red eyes

Many people will not have symptoms or will only have symptoms that are mild and last a few days to a week.

If you have these symptoms, visit a doctor and protect yourself from mosquito bites to avoid spreading Zika to others.



## Zika and sex

- ◆ You can get Zika through sex with a person who has been in an area with Zika and has the virus.
- ◆ People without symptoms may be able to pass the virus through sex.

## How to protect yourself

- ◆ Condoms can lower your risk of getting Zika through sex with a person who has been in Mexico, Central or South America, or the Caribbean.
- ◆ Use insect repellent and wear long-sleeved shirts and long pants to protect against mosquito bites. Take these steps when in Mexico, Central or South America, or the Caribbean and for 3 weeks after leaving these areas.



## Zika and pregnancy

Zika causes serious birth defects.

A person who has been in Mexico, Central or South America, or the Caribbean should use condoms every time during sex with a pregnant woman or should not have sex during the pregnancy.