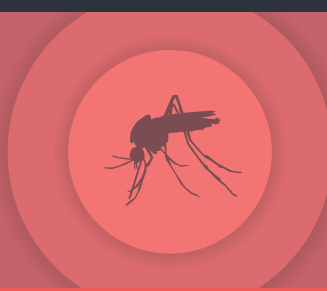


# IS IT **FLU** OR **ZIKA**?



## FLU (INFLUENZA)

Lungs

The **FLU (INFLUENZA)** is a common contagious respiratory illness caused by flu viruses. The flu is different from a cold. Flu can cause mild to severe illness and complications, such as pneumonia, which can sometimes lead to death.

## ZIKA

*Aedes aegypti*

**ZIKA VIRUS DISEASE (ZIKA)** is less common than flu. Zika is caused by the Zika virus. People with Zika usually don't get sick enough to go to the hospital, and they very rarely die from Zika. However, the virus can cause severe birth defects when a pregnant woman is infected. Zika is also associated with Guillain-Barré syndrome.

### HOW FLU GERMS ARE SPREAD

The flu is spread from person to person mainly by droplets made when people who have flu cough, sneeze, or talk. Viruses can also spread on surfaces, but this is less common.

People with flu might be able to spread the virus before illness starts and can spread flu during their illness.

### HOW ZIKA IS SPREAD

Zika is primarily spread to people through the bite of infected *Aedes aegypti* and *Aedes albopictus* mosquitoes. These types of mosquitoes live in many parts of the world, including parts of the United States.

#### ZIKA CAN ALSO SPREAD IN OTHER WAYS

- A pregnant woman with Zika virus can pass it to her fetus.
- A person with Zika virus can pass it to his or her sex partners.
- Zika may also be spread through blood transfusion.

### WHO GETS THE FLU?

**ANYONE** can get the flu. Some people—like very young children, older adults, people with some health conditions, and pregnant women—are at increased risk of serious complications.

Flu viruses continually change so people can get infected with flu viruses multiple times in their lifetime.

### WHO GETS ZIKA?

**ANYONE** who lives in or travels to an area with risk of Zika and has not already been infected can get it. Mosquitoes that spread Zika virus bite during the day and night. Once a person has been infected with Zika virus, they are likely to be protected from future Zika virus infections.

### SIGNS & SYMPTOMS OF FLU

The signs and symptoms of flu usually develop about 2 days after exposure. Symptoms come on quickly.

- Fever or feeling feverish
- Headache
- Muscle or body aches
- Feeling very tired (fatigue)
- Cough
- Sore throat
- Runny or stuffy nose

NOVEMBER						
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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30			

### SIGNS & SYMPTOMS OF ZIKA

Many people with Zika won't have symptoms but some people will have mild symptoms. For those who do, signs of Zika usually develop 3-14 days after exposure. Symptoms can last for several days to a week.

- Fever
- Rash
- Headache
- Joint pain
- Red eyes
- Muscle pain

NOVEMBER						
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### HOW CAN I PREVENT THE FLU?

**GET A FLU VACCINE.**

### HOW CAN I PREVENT ZIKA?

**THERE IS NO VACCINE TO PREVENT ZIKA.** Preventing Zika is especially important for pregnant women to prevent Zika-related birth defects.

### PROTECT YOURSELF AND OTHERS FROM THE FLU:

Take preventive actions to stop the spread of germs. Keep your hands clean and avoid close contact with sick people.

### PREVENT GETTING ZIKA FROM MOSQUITO BITES:

Use EPA-registered insect repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.

Wear long-sleeved shirts and long pants. Treat your clothing and gear with permethrin or buy pre-treated items.

Stay in places with air conditioning, and use screens on windows and doors.

### IF YOU GET SICK:

Stay home from work and school while you are sick to prevent giving the flu to others.

And, if you are in a group at increased risk of severe flu—such as pregnant women—and you get sick, talk to your doctor about flu antiviral medicines.

### PREVENT GETTING ZIKA FROM SEX IF YOU OR YOUR PARTNER LIVE IN OR TRAVELED TO AN AREA WITH RISK OF ZIKA:

For pregnant women, either don't have sex or use condoms every time you have sex for the entire pregnancy.

For non-pregnant people, not having sex can eliminate the risk, and condoms can reduce the chance of getting Zika from sex.