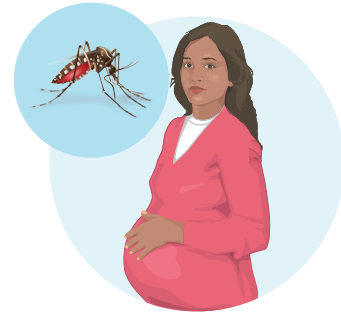


# WHAT YOU NEED TO KNOW ABOUT ZIKA



## Mosquitoes can give you Zika when they bite:

- Zika can hurt your pregnancy
- Zika symptoms are fever, rash, headache, joint pain, red eyes, and muscle pain.



## Protect yourself from mosquito bites outside:

- Use insect repellent
- Wear long-sleeved shirts and long pants

## Get rid of mosquitoes at home:

- Dump water inside and outside
- Use screens on windows and doors
- Cover trashcans and rain barrels



## Has your partner been to an area with risk of Zika?

### Couples who are pregnant

- Use condoms for the entire pregnancy.

### All other couples

- If the female partner traveled, use condoms for 2 months.
- If the male partner traveled, use condoms for 3 months.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention