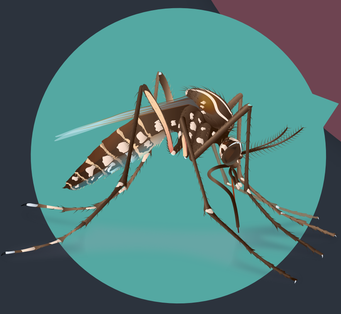
TOP 5 THINGS EVERYONE NEEDS TO KNOW ABOUT ZIKA

1



Zika primarily spreads through infected mosquitoes. You can also get Zika through sex.

Many areas in the United States have the type of mosquitoes that can spread Zika virus. These mosquitoes are aggressive daytime biters and can also bite at night. Also, a man infected with Zika can pass it to others through sex.

2

The best way to prevent Zika is to prevent mosquito bites.

- Use insect repellent. It works!
- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or window and door screens.
- Remove standing water around your home.

3

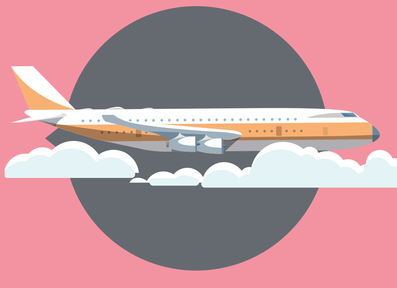
Zika is linked to birth defects.

Zika infection during pregnancy can cause a serious birth defect called **microcephaly** that is a sign of incomplete brain development. If you have a male partner who lives in or has traveled to an area with Zika, do not have sex, or use condoms the right way, every time, during your pregnancy.

4

Pregnant women should not travel to areas with Zika.

If you must travel to one of these areas, talk to your healthcare provider first and strictly followsteps to prevent mosquito bites during your trip.



5

Returning travelers infected with Zika can spread the virus through mosquito bites.

Zika virus can stay in your blood for a week. When a mosquito bites you, you can pass the virus to the mosquito. The infected mosquito bites other people, who get infected.

WWW.CDC.GOV/ZIKA

CDPHE CO COLORADO Department of Public Health & Environment

CDC

263197-A