



## Why should you protect yourself and your family from Zika?

Zika is a disease primarily spread by mosquitoes but Zika can be passed through sex from a person who has Zika to his or her sex partners. Zika can also be passed from a pregnant woman to her fetus.

## Build and pack your own prevention kit

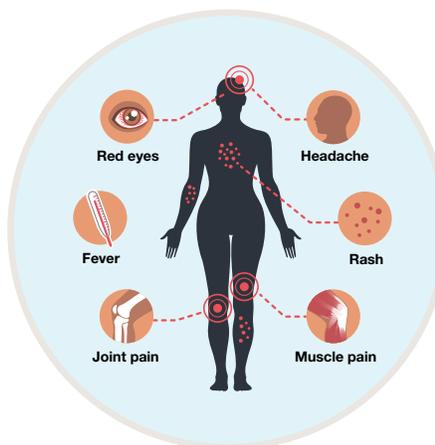
1. Insect repellent (Look for these ingredients: **DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone**)
  - Use insect repellent. Reapply as directed. Remember to apply sunscreen first and then insect repellent.
2. Long-sleeved shirts and long pants
  - Cover exposed skin when possible.
3. Mosquito net
  - Bed net (if mosquitoes can get to where you're sleeping). Stay and sleep in screened-in or air-conditioned rooms. Use a bed net if you're sleeping outside.
4. Condoms
  - Zika can also be spread through sex, so use condoms if you have sex.



## Zika symptoms

Most people with Zika don't know they have it. Many people infected with Zika virus won't have symptoms or will only have mild symptoms. The illness is usually mild with symptoms lasting about a week.

The most common symptoms are:



Zika is also associated with Guillan- Barré syndrome (GBS), a rare condition that affects a person's immune system by damaging the nerve cells, causing muscle weakness, and sometimes, paralysis.

## Pregnant? Trying to conceive?

Zika can cause birth defects. Pregnant women should not travel to any area with risk of Zika. If your partner travels to these areas, either use condoms or don't have sex for the rest of your pregnancy. If you are trying to become pregnant, talk to your doctor about your plans.

## STOP the spread to areas without Zika

After you leave the island:

- Watch for symptoms after you get home.
- Call your doctor immediately if you suspect Zika.
- Use insect repellent for 3 weeks after travel.
- [Use condoms](#) when you have sex.

## For more information:

- [www.cdc.gov/zika](http://www.cdc.gov/zika) | [cdc.gov/travel](http://cdc.gov/travel)
- [www.salud.gov.pr/zika](http://www.salud.gov.pr/zika)
- [www.cdc.gov/zika/prevention/plan-for-travel.html](http://www.cdc.gov/zika/prevention/plan-for-travel.html)



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Centers for Disease Control and Prevention