Zika Basics

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.