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.