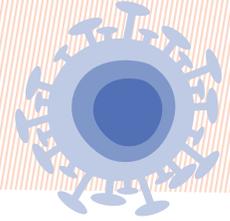


What is Zika?

Zika virus spreads to people primarily through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). People can also get Zika through sex with an infected person, and the virus can also be passed from a pregnant woman to her unborn child.



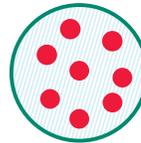
Symptoms

The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. Since often the symptoms are not bad enough to require hospitalization, many do not even realize that they have been infected.

FEVER



RASH



JOINT PAIN

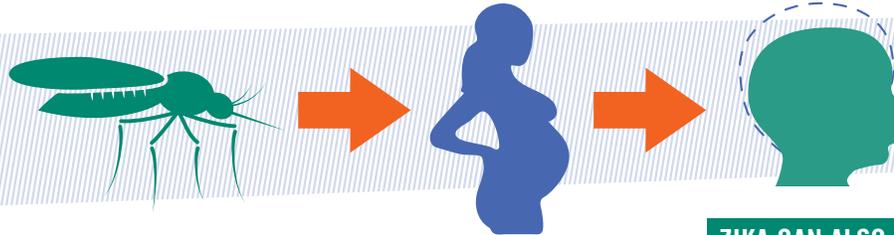


RED EYES



Zika During Pregnancy

Zika virus infection during pregnancy can cause a serious birth defect called **microcephaly**, as well as other severe fetal brain defects.



How Does Zika Spread?

It is a common misconception that all mosquitoes only bite at night. The mosquitoes that carry Zika virus prefer to bite during the day but will also bite at night. A mosquito becomes infected after biting someone with Zika and then, after about 10 days, transfers it to whomever it bites.

ZIKA CAN ALSO SPREAD:

- » THROUGH INTERCOURSE WITH A PERSON INFECTED WITH ZIKA
- » FROM A PREGNANT WOMAN TO HER UNBORN BABY
- » THROUGH BLOOD TRANSFUSIONS

Preventing Zika

There is no vaccine at this time to prevent Zika. The best way to prevent disease spread by mosquitoes is to protect yourself and those around you from mosquito bites.

- Wear long-sleeved shirts and pants
- Stay in places with air conditioning, window and door screens

- Control adult mosquitoes through eliminating mosquito breeding sites, space sprays and vegetation management
- Use Environmental Protection Agency (EPA)-registered insect repellents. Always follow the product label instructions.

- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them from mosquito bites.

- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.

PRACTICE THE 3 D'S



» **DRAIN:** EMPTY OUT WATER CONTAINERS AND SCRUB THEIR INSIDES TO REMOVE MOSQUITO EGGS AT LEAST ONCE EVERY 5 DAYS.

» **DRESS:** WEAR LONG SLEEVES, LONG PANTS, AND LIGHT-COLORED, LOOSE-FITTING CLOTHING

» **DEFEND:** PROPERLY APPLY AN APPROVED REPELLENT SUCH AS DEET, PICARIDIN, IR3535 OR OIL OF LEMON-EUCALYPTUS

» When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.



» Do not use insect repellents on babies younger than 2 months old.

» Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.



For more information on mosquito control and the Zika Virus, visit www.mosquito.org.

Sources: American Mosquito Control Association, Environmental Protection Agency and the Centers for Disease Control and Prevention (CDC)