RETURNING FROM A ZIKA AREA?

USE THESE PRECAUTIONS:

1. Use condoms
   especially if your partner is pregnant

2. Prevent mosquito bites
   wear insect repellent and long sleeves
   and pants when outdoors

3. Watch for symptoms
   such as fever, rash, joint pain, red eyes
   (some don’t show symptoms)

4. Talk to your doctor
   if you’re concerned you have Zika virus

HOW IS ZIKA SPREAD?

- Zika is mainly spread by mosquitoes
- Zika can be transmitted through sexual intercourse and blood transfusions
- Zika can be transmitted to the baby during pregnancy and cause serious birth defects

Department of Public Health
City of Philadelphia
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