INFO CARD

ZIKA VIRUS

How is Zika spread?

Zika is mainly spread by mosquitoes

Zika can also be transmitted through:
- sexual intercourse
- blood transfusions
- pregnancy (spreads to baby)

How can I prevent Zika?

When travelling to Zika areas
1. Wear repellent
   apply EPA-registered repellent to skin and clothing often
2. Cover up
   wear loose long sleeves and pants when outdoors
3. Keep mosquitoes out
   use window screens, mosquito nets and air conditioning

Upon returning from Zika areas
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