# RETURNING FROM A ZIKA AREA?

### **USE THESE PRECAUTIONS:**

### **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



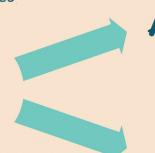
# Talk to your doctor

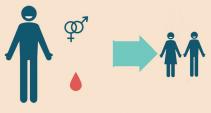
if you're concerned you have Zika virus

### **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





