



INFO CARD



ZIKA VIRUS



500 South Broad Street
Philadelphia, PA 19146
215-685-6740
www.phila.gov/health

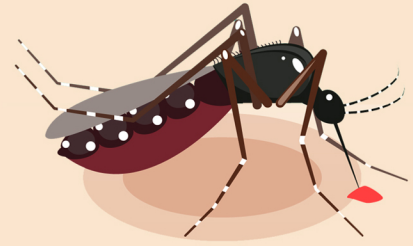
Philadelphia Department of
Public Health
Disease Control



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HOW IS ZIKA SPREAD?

Zika is mainly spread by mosquitoes



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

RESOURCES

www.cdc.gov/travel/page/zika-travel-information
Travel notices related to Zika virus:

www.phila.gov/zika
Philadelphia Department of Health Zika page:

www.cdc.gov/zika
General information about Zika:

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