ZIKA PREVENTION

PREVENTION WHEN TRAVELING TO ZIKA-AFFECTED AREAS
• Take maximum precautions to avoid mosquito bites
• Practice safe sex
• Wear long-sleeved shirts and long pants
• When possible, stay and sleep in facilities with air-conditioning or screened windows and doors. If not available, travel with mosquito netting

PREGNANT WOMEN OR WOMEN WHO PLAN TO BECOME PREGNANT
• Pregnant women should avoid travel to any Zika-affected area
  See updated map at www.cdc.gov/zika
• If you must travel to these areas, talk to your doctor first and strictly follow steps to prevent mosquito bites during your trip
• Use condoms or other barriers every time and correctly with partners who have traveled to these areas or abstain from sex

ANYONE WHO HAS TRAVELED TO AREAS WHERE ZIKA IS SPREADING
If you are sexually active with a woman who is or could become pregnant:
• Abstain from sex or
• Use a condom or other barrier every time and correctly

HOW TO KNOW IF YOU SHOULD BE TESTED
Zika testing is recommended for:
• Any pregnant woman (with or without symptoms) who has traveled to a Zika outbreak area within the past two to 12 weeks
• Any symptomatic traveler (regardless of gender or age) to a Zika outbreak area within the past two to 12 weeks

ZIKA BASICS

Zika is spread mostly through the bites of an infected Aedes species mosquito. These mosquitoes are aggressive daytime biters, but can also bite at night.

The most common symptoms are fever, rash, joint pain and conjunctivitis (red eyes) within two weeks of exposure. The illness is usually mild with symptoms lasting for several days to one week.

Sexual transmission of Zika virus is possible.

Infection during pregnancy may be linked to birth defects in babies.

If you are traveling to a Zika-affected area, plan ahead to keep yourself and others healthy. Take maximum precautions to avoid mosquito bites and to practice safe sex.

Pregnant women should avoid travel to Zika-affected areas. Women who are planning to become pregnant and their male partners should talk to their healthcare provider before traveling.

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The Ohio State University

osu.edu/zikainfo   columbus.gov/zika

CHECK FOR UPDATES