

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

CHECK FOR UPDATES
osu.edu/zikainfo columbus.gov/zika