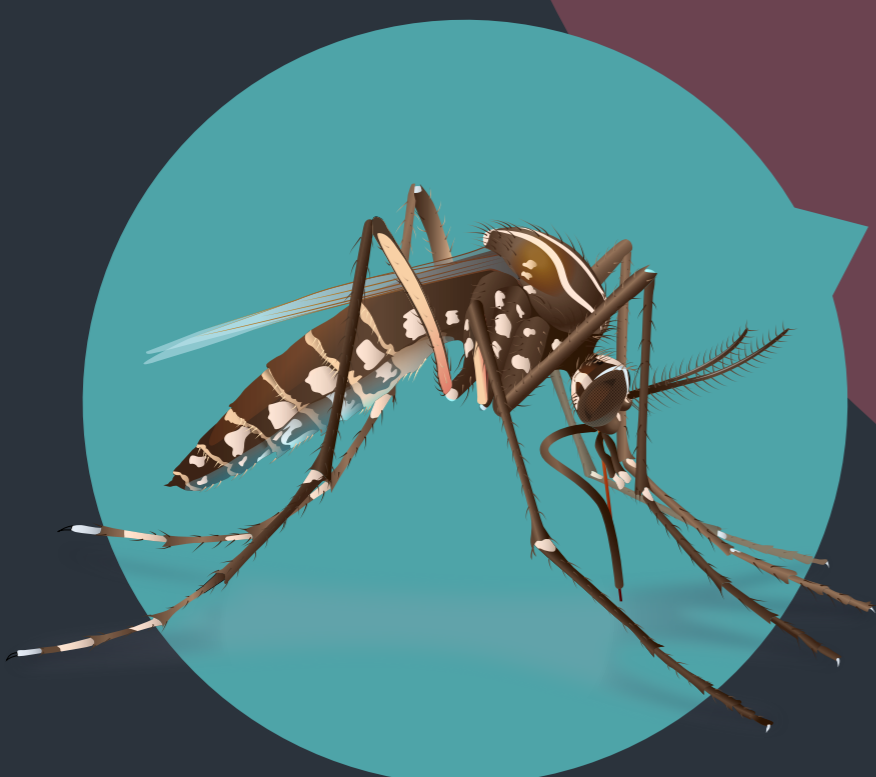


TOP 5 THINGS EVERYONE NEEDS TO KNOW ABOUT ZIKA

Accessible Version: <https://www.cdc.gov/zika/about/needtoknow.html>



1



Zika primarily spreads through infected mosquitoes. You can also get Zika through sex.

Many areas in the United States have the type of mosquitoes that can spread Zika virus. These mosquitoes bite during the day and night. Zika can also be passed through sex from a person who has Zika to his or her sex partners, even if the person doesn't have symptoms.

2

The best way to prevent Zika is to prevent mosquito bites.

- Use [EPA-registered insect repellent](#). It works!
- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or window and door screens.
- Remove standing water around your home.



3



Zika is linked to birth defects.

Zika infection during pregnancy can cause a serious birth defect called [microcephaly](#) that is a sign of incomplete brain development. If you have a partner who lives in or has traveled to an area with risk of Zika, use condoms or do not have sex during your pregnancy. To be effective, condoms should be used from start to finish, every time during vaginal, anal, and oral sex.

4

Pregnant women should not travel to [areas with risk of Zika](#).

If you must travel to one of these areas, talk to your healthcare provider first and strictly follow steps to prevent mosquito bites and sexual transmission. See CDC's [guidance for the US](#) for information on travel within the continental US and Hawaii.



5



Returning travelers infected with Zika can spread the virus through mosquito bites and sex.

Even if they do not feel sick, travelers returning from an area with risk of Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to uninfected mosquitoes. If a mosquito bites a person while he or she has Zika virus in his or her blood, the mosquito can become infected and then infect other people. Couples with a partner who lives in or has traveled to an [area with risk of Zika](#), especially those who are pregnant or planning to become pregnant, should [take steps to protect during sex](#). Zika can stay in semen for months after infection (even without symptoms), and can be spread to partners during that time.

WWW.CDC.GOV/ZIKA

