

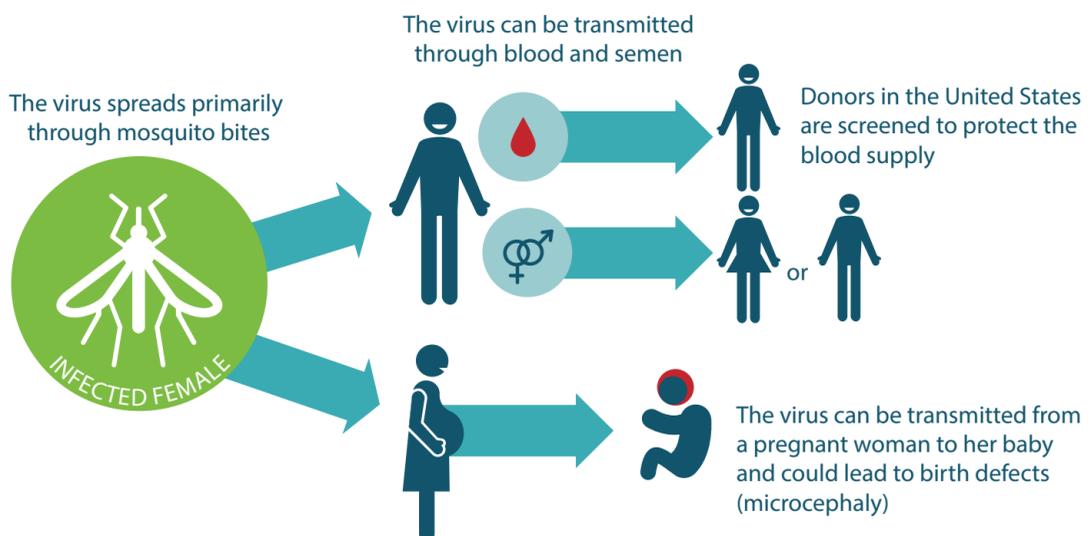
ZIKA

Zika virus infection is **preventable.**



SPREAD

HOW IS ZIKA VIRUS SPREAD?



SYMPTOMS

ONLY 1 IN 5 PEOPLE INFECTED SHOW SYMPTOMS

*In a small number of people, Zika virus infection has been linked to Guillain-Barré syndrome, a disorder in which your body's immune system attacks your nerves.

MOST COMMON SYMPTOMS

MUSCLE/JOINT PAIN

FEVER

SKIN RASH

RED EYES

FATIGUE

HEADACHE

PREGNANCY

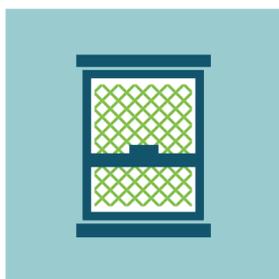
ZIKA VIRUS CAN BE PASSED FROM A MOTHER TO HER BABY DURING PREGNANCY

- Women who are pregnant or trying to become pregnant should:
 - **avoid travel** to areas where Zika is spreading
 - follow steps to **prevent mosquito bites** if you must travel
- Pregnant women who live in or had to travel to an area with Zika should talk to a healthcare provider **even if they don't feel sick.**
- Male sex partners who **live in or travel to an area with Zika** should follow steps to prevent mosquito bites and use condoms the right way every time they have sex, or not have sex during the pregnancy.
- If there is a chance you may have Zika, **see a healthcare provider** right away for testing.

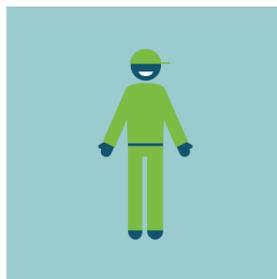
*All travelers returning from an area with Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to mosquitoes that could spread the virus to other people.

PREVENTION

AVOID MOSQUITO BITES



Stay in places with air conditioning, and use screens to keep mosquitoes outside



Wear long-sleeved shirts and long pants



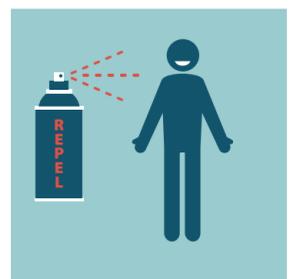
Minimize time outside



Treat clothing & gear with permethrin, if not already treated*



Eliminate standing water where mosquitoes breed



Use DEET or picaridin insect repellent on exposed skin*

*EPA approved repellents are safe for pregnant or nursing women to use when applied according to label instructions.

MORE INFORMATION

SPEAK WITH YOUR HEALTHCARE PROVIDER

ZIKA HOTLINE: (800) 984-8523; OVERSEAS: DSN (312) 421-3700; STATESIDE: DSN 421-3700.

APHC WEBSITE: [HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/DISEASES/PAGES/ZIKA.ASPX](http://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/DISEASES/PAGES/ZIKA.ASPX)

CDC WEBSITE: [HTTP://WWW.CDC.GOV/ZIKA/INDEX.HTML](http://WWW.CDC.GOV/ZIKA/INDEX.HTML)

