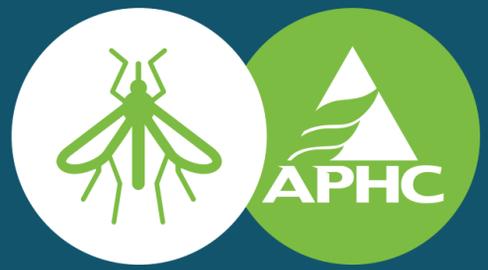


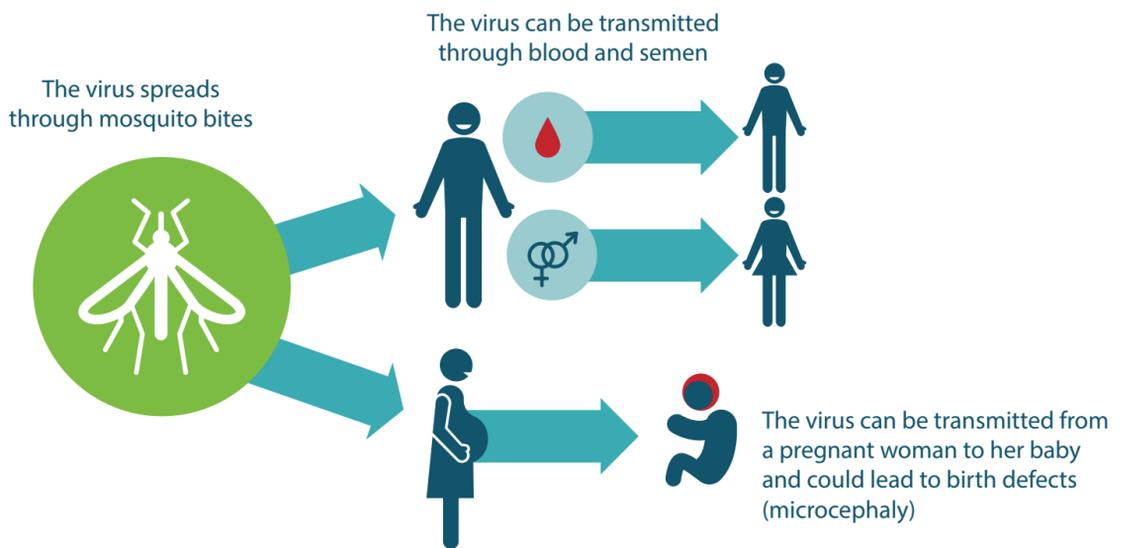
ZIKA

Zika virus infection is **preventable.**



SPREAD

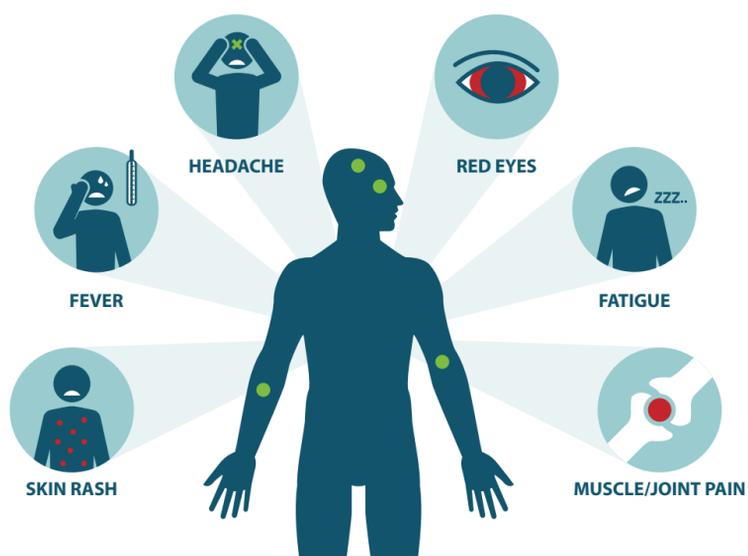
HOW IS IT SPREAD?



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.



PREGNANCY

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

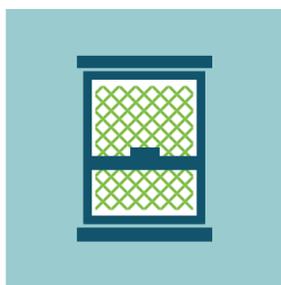
- Women who are pregnant or trying to become pregnant should **postpone travel** to areas where Zika is spreading.
- Pregnant women or women who are trying to become pregnant and their male partners should strictly follow steps to **prevent mosquito bites** in areas where Zika is spreading.



- If you have a male sex partner who lives in or travels to an area with Zika, use **condoms** the right way every time you have sex, or do not have sex during the pregnancy.
- Pregnant women who live in or have recently traveled to an area with Zika should talk to a healthcare provider about their travel even if they don't feel sick.
- If you develop the symptoms of Zika, **see a healthcare provider** right away for testing.

PREVENTION

AVOID MOSQUITO BITES



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



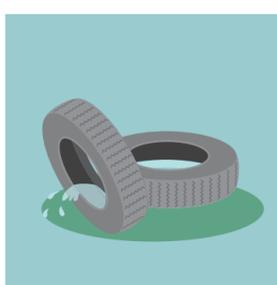
Wear long-sleeved shirts and long pants



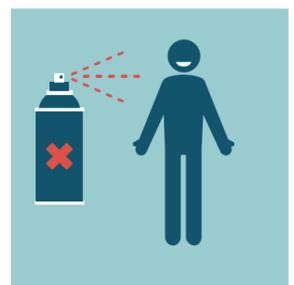
Minimize time outside



Treat clothing & gear with permethrin, if not already treated



Eliminate standing water where mosquitoes breed



Use DEET or picaridin insect repellent on exposed skin

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)

