

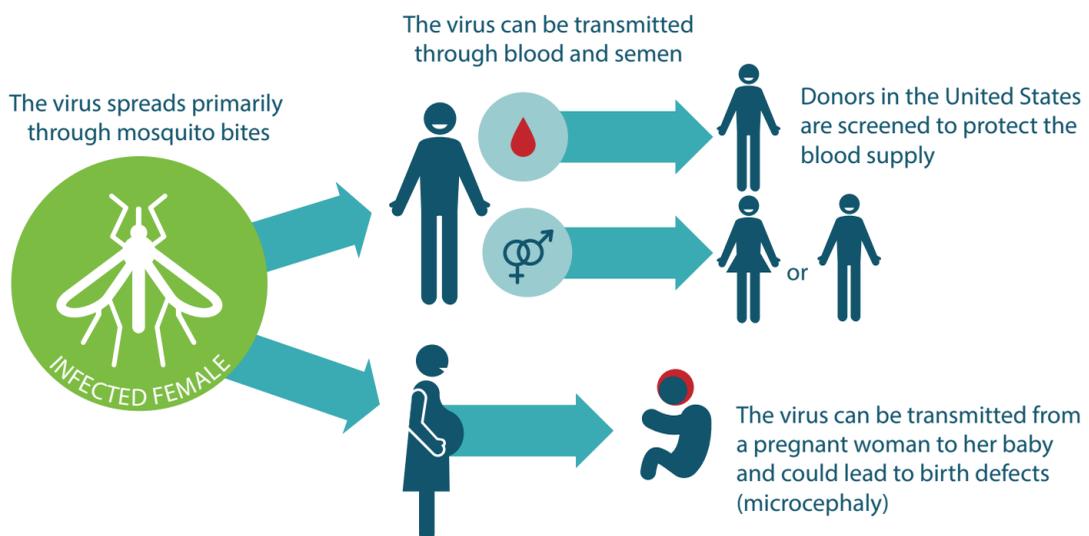
# ZIKA

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

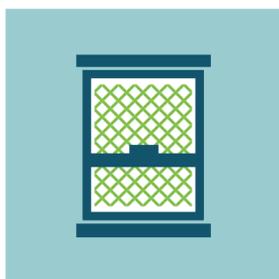
### ZIKA VIRUS CAN BE PASSED FROM A MOTHER TO HER BABY DURING PREGNANCY

- 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.

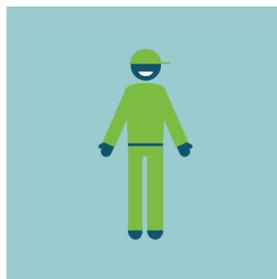
\*All travelers returning from an area with Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to mosquitoes that could spread the virus to other people.

## PREVENTION

### AVOID MOSQUITO BITES



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



Wear long-sleeved shirts and long pants



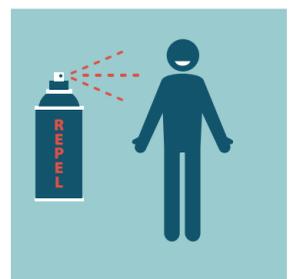
Minimize time outside



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)

