

Zika Virus

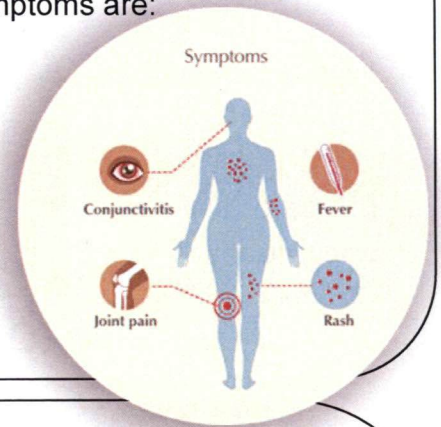
What you need to know about the Zika virus:

- Zika is a disease spread mostly by the bite of an infected *Aedes* species mosquito. These mosquitoes bite during the day and at night.
- Zika infection in pregnancy is linked to *microcephaly*.
- *Microcephaly*: birth defect in which a baby's head is smaller than expected.
- Zika can be spread by an infected man to his sex partners and from a pregnant woman to her baby.

Most people with Zika won't know they have it. The illness is usually mild with symptoms lasting several days to a week.

The most common symptoms are:

- Fever
- Rash
- Joint Pain
- Red Eyes



Travel precautions

- Anyone who lives in or travels to an area with Zika and has not already been infected with Zika can get the Zika virus.
- Check www.cdc.gov/zika to see where Zika is currently.
- Protect yourself from mosquito bites if you travel and for 3 weeks after you return.
- For all men who have traveled, use condoms start to finish every time you have sex (vaginal, oral, or anal) for at least 8 weeks, or 6 months if you showed symptoms.



How to protect yourself

Use Insect Repellents

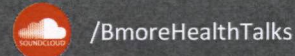
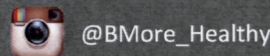
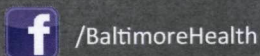
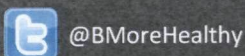
- Wear mosquito repellent when you are outdoors.
- Use safe and effective repellents- www.epa.gov/insect-repellents. Look for these ingredients: DEET, picaridin, IR3535, OLE, or PMD.
- Always follow the label instructions.
- Do not spray on skin under clothing.
- If you use sunscreen, put sunscreen on first and insect repellent second.



Cover up with clothing

- Wear light weight, long-sleeved shirts and pants.
- Mosquitoes may bite through thin clothing so treat clothing with permethrin. Permethrin is an insecticide that kills mosquitoes and other insects.
- Follow product instructions closely.
- Do not use permethrin directly on skin.

Updated 5/16



Zika and Pregnancy

What you need to know about the Zika virus:

- The Zika virus can be passed from a pregnant woman to her baby.
- Infection with Zika during pregnancy can cause serious birth defects.
- Zika is a disease spread mostly by the bite of an infected *Aedes* species mosquito. These mosquitoes bite during the day and at night.
- You can get Zika if you travel to an area where there are infected mosquitoes — like Puerto Rico, the Caribbean, and many countries in Central and South America. Check www.cdc.gov/zika for a current list of areas with outbreaks.
- Zika can be spread by an infected man to his sex partners.



Symptoms of Zika

Most people with Zika won't know they have it. The illness is usually mild with symptoms lasting several days to a week.

The most common symptoms are:

- Fever
- Rash
- Joint Pain
- Red Eyes

If you or your male partner have traveled to an area with Zika and you develop symptoms, see your doctor right away.

If you're pregnant or want to become pregnant:

- Do not travel to areas with Zika – go to www.cdc.gov/zika to learn more.
- If your male **partner** travels to an area with Zika:
 - Use a **condom** from start to finish every time you have sex (vaginal, oral, or anal) or **do not have sex at all** during your pregnancy.
 - If you are not pregnant, you should use a condom for the first 8 weeks after he returns, or for 6 months if he ever showed symptoms of Zika.
- If you must travel, tell your healthcare provider and follow steps to prevent mosquito bites (see back of this page).

How to Prevent Mosquito Bites



Wear Protective Clothing

- Wear light weight, long-sleeved shirts and pants.
- Treat clothing with permethrin. Permethrin is an insecticide that kills mosquitoes and other insects.
- Follow product instructions closely.
- Do not use permethrin directly on skin.



Protect Babies and Children

- Cover stroller and baby carrier with mosquito netting when outside.
- Do not use products containing oil of lemon, eucalyptus or para-menthenediol on children younger than 3 years old.
- Do not use insect repellents on babies younger than 2 months old.



Use Insect Repellent

- Wear mosquito repellent when you are outdoors.
- Use safe and effective repellants - www.epa.gov/insect-repellents.
- It is safe to use insect repellent during pregnancy.
- Always follow the label instructions.
- Do not spray on skin under clothing.
- If you use sunscreen, put sunscreen on first and insect repellent second.

Protect Yourself Indoors

- Put screens in windows and repair any holes in existing screens. Stay in places with air conditioning if possible.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.

Help Keep Zika Out of Baltimore

Mosquitoes lay eggs in and near standing water found in:

- Buckets
- Old tires
- Toys
- Birdbaths and outdoor ponds
- Roof gutters
- Coolers
- Trash

Make sure these objects do not become breeding sites for mosquitoes.

- Remove them or put them inside
- Cover them
- Empty once a week
- Treat with larvicide tablets — available in hardware stores

If you see standing water in your neighborhood, eliminate if possible or call 311 to report it.

Check
health.baltimorecity.gov/zika-virus
and
www.cdc.gov/zika
for updates

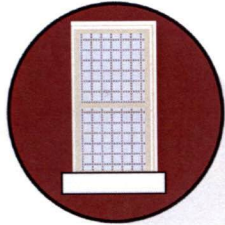
Help Keep Zika Out of Baltimore



Keep mosquitoes outside

Repair holes
in screens.

Keep doors and windows shut
if they don't have screens.



Keep screens on
all windows.

Use air conditioning
when possible.



Stop mosquitoes from breeding

Mosquitoes lay eggs in and near standing water found in:

- Buckets
- Roof gutters
- Old tires
- Coolers
- Toys
- Trash
- Birdbaths and outdoor ponds
- Trash containers, and recycling bins



Make sure these objects do not become
breeding sites for mosquitoes.

- Remove them or put them inside
- Cover them
- Empty once a week
- Treat with larvicide tablets —
available in hardware stores

Check
health.baltimorecity.gov/zika-virus
and
www.cdc.gov/zika
for updates

If you see standing water in your neighborhood,
eliminate if possible or call 311 to report it.

Mosquitoes only need the
amount of water in a bottle
cap to breed.



Updated 5/16

