

ZIKA^{VIRUS}

For anyone who plans to travel to **Zika-affected areas**, avoiding mosquito bites is the best way to avoid exposure to the virus.

Zika virus is primarily spread through the **BITE OF INFECTED MOSQUITOS**.

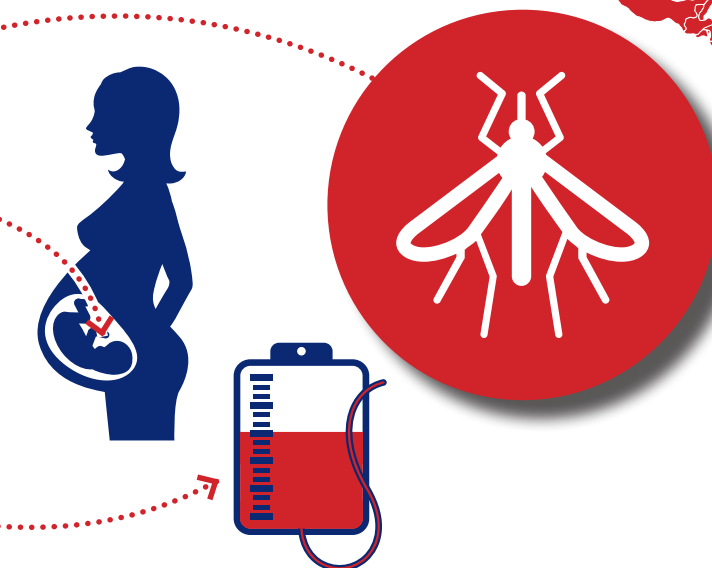
MOTHER-TO-BABY & SEXUAL ACTIVITY

If a pregnant woman is bitten by an infected mosquito, the infection can cross the placenta, infecting the fetus.

The virus can also be transmitted sexually.

TRANSFUSION

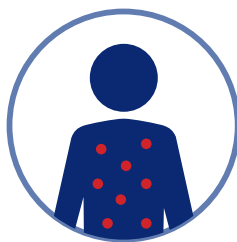
The virus can also be transmitted through blood transfusion or laboratory exposure.



1 in 5

AFFECTED PEOPLE WILL EXHIBIT SYMPTOMS.

Symptoms of Zika virus are generally mild. People infected with Zika virus rarely need hospitalization.



RASH



HEADACHE



FEVER



ITCHY EYES

THE BEST WAY TO PROTECT YOURSELF

- Women who are pregnant or trying to become pregnant should consider limiting travel to countries affected by Zika virus outbreaks.
- People traveling to these areas should follow these prevention methods:



USE ENVIRONMENTAL PROTECTION AGENCY-APPROVED BUG SPRAY



WEAR LONG-SLEEVE SHIRTS AND LONG PANTS



STAY INDOORS

For more information, please visit <http://www.hopkinsmedicine.org/zika-virus/>



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