What is Zika?
Zika virus spreads to people primarily through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). People can also get Zika through sex with an infected man, and the virus can also be passed from a pregnant woman to her unborn child.

**Symptoms**
The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. Since often the symptoms are not bad enough to require hospitalization, many do not even realize that they have been infected.

**Zika During Pregnancy**
Zika virus infection during pregnancy can cause a serious birth defect called *microcephaly*, as well as other severe fetal brain defects.

**How Does Zika Spread?**
It is a common misconception that all mosquitoes only bite at night. The mosquitoes that carry Zika virus prefer to bite during the day but will also bite at night. A mosquito becomes infected after biting someone with Zika and then, after about 10 days, transfers it to whomever it bites.

**Preventing Zika**
- Wear long-sleeved shirts and pants
- Stay in places with air conditioning, window and door screens
- Control adult mosquitoes through eliminating mosquito breeding sites, space sprays and vegetation management
- Use Environmental Protection Agency (EPA)-registered insect repellents. Always follow the product label instructions.
- When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.
- Do not use insect repellents on babies younger than 2 months old.
- Do not use products containing oil of lemon eucalyptus or para-methane-diol on children younger than 3 years old.
- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them from mosquito bites.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.

**Practice the 3 D’s**
- **DRAIN:** Empty out water containers and scrub their insides to remove mosquito eggs at least once every 5 days.
- **DRESS:** Wear long sleeves, long pants, and light-colored, loose-fitting clothing.
- **DEFEND:** Properly apply an approved repellent such as DEET, Picaridin, IR3535 or oil of lemon-eucalyptus.

**Zika can also spread:**
- Through intercourse with a man infected with Zika
- From a pregnant woman to her unborn baby
- Through blood transfusions

For more information on mosquito control and the Zika Virus, visit [www.mosquito.org](http://www.mosquito.org).

**Sources:** American Mosquito Control Association, Environmental Protection Agency and the Centers for Disease Control and Prevention (CDC)