Zika Key Messages

- Zika is primarily spread through the bite of an infected Aedes species mosquito.
- Zika virus can also be sexually transmitted by infected men to both male and female partners.
- Most people infected with Zika don't even know they have it.
- People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.
- See a healthcare provider if you develop a fever, rash, joint pain, or red eyes during a trip or within 2 weeks after traveling to a place with Zika, or if you have had sexual contact with someone who has traveled.
- Zika infection during pregnancy is linked to birth defects.
 Pregnant women and those planning on becoming pregnant should delay travel to areas with Zika and should not have unprotected sex with men who have been to those areas.
- The best way to prevent Zika is to prevent mosquito bites.
- Avoid mosquito bites by wearing protective clothing and by applying insect repellent.
- Protect your home from mosquito invasion by eliminating standing water, discarding potential water holding containers, installing intact window and door screens, and using air conditioning.

For More Information Contact:

Dorchester County Health Department 103 Cedar Street Cambridge, MD 410-228-3223



