

PREVENT ZIKA

# Spring Break Zika Protection

## Stay Clear of Zika Virus!

Zika is a disease primarily spread by mosquitoes, but Zika can also be passed through sex from a person who has Zika to his or her sex partners.



These countries have had outbreaks of Zika virus:

- Americas
- Caribbean
- Mexico
- Pacific Islands
- United States

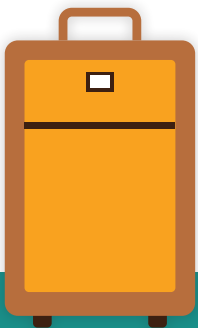
**NO** medicine to treat and **NO** vaccine to prevent Zika

### WHAT ARE THE SYMPTOMS?

- fever and headache
- red eyes
- rash
- joint pain
- muscle pain

**80%** of people with Zika don't know they are infected

## PACK TO PROTECT YOURSELF AGAINST ZIKA VIRUS



- Pack EPA-registered insect repellents containing **20%-30% DEET** (follow label directions)
- Pack long sleeves, long pants and socks or permethrin-treated clothing and gear
- Zika can also be spread through sex, so pack condoms if you have sex
- Stay in places with air conditioning, tight-fitting window and door screens, or a bed net

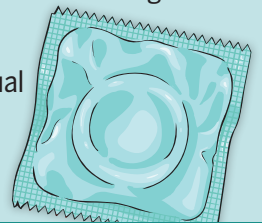


## STOP THE SPREAD OF ZIKA VIRUS

- Watch for symptoms after you get home.
- Call your doctor immediately if you suspect Zika
- Use insect repellent for **3 weeks** after travel



- **Female traveler** – Use condoms for all sexual activity or abstain from sex for at least **8 weeks** after returning from an area with Zika
- **Male traveler** – Use condoms for all sexual activity or abstain from sex for at least **6 months** after returning from an area with Zika



Find out what it takes to stop Zika  
Please visit [dph.georgia.gov/zika](http://dph.georgia.gov/zika)

