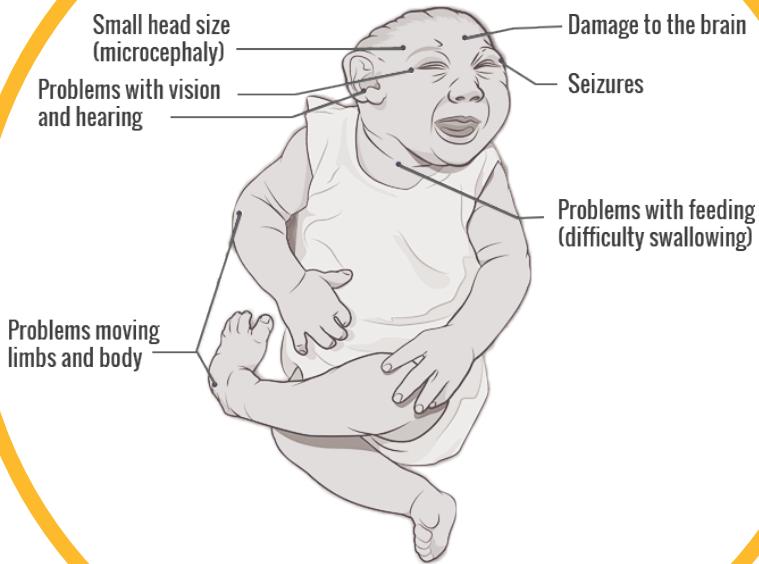


# What is Zika and How Can I Protect Myself?

## Congenital Zika Syndrome



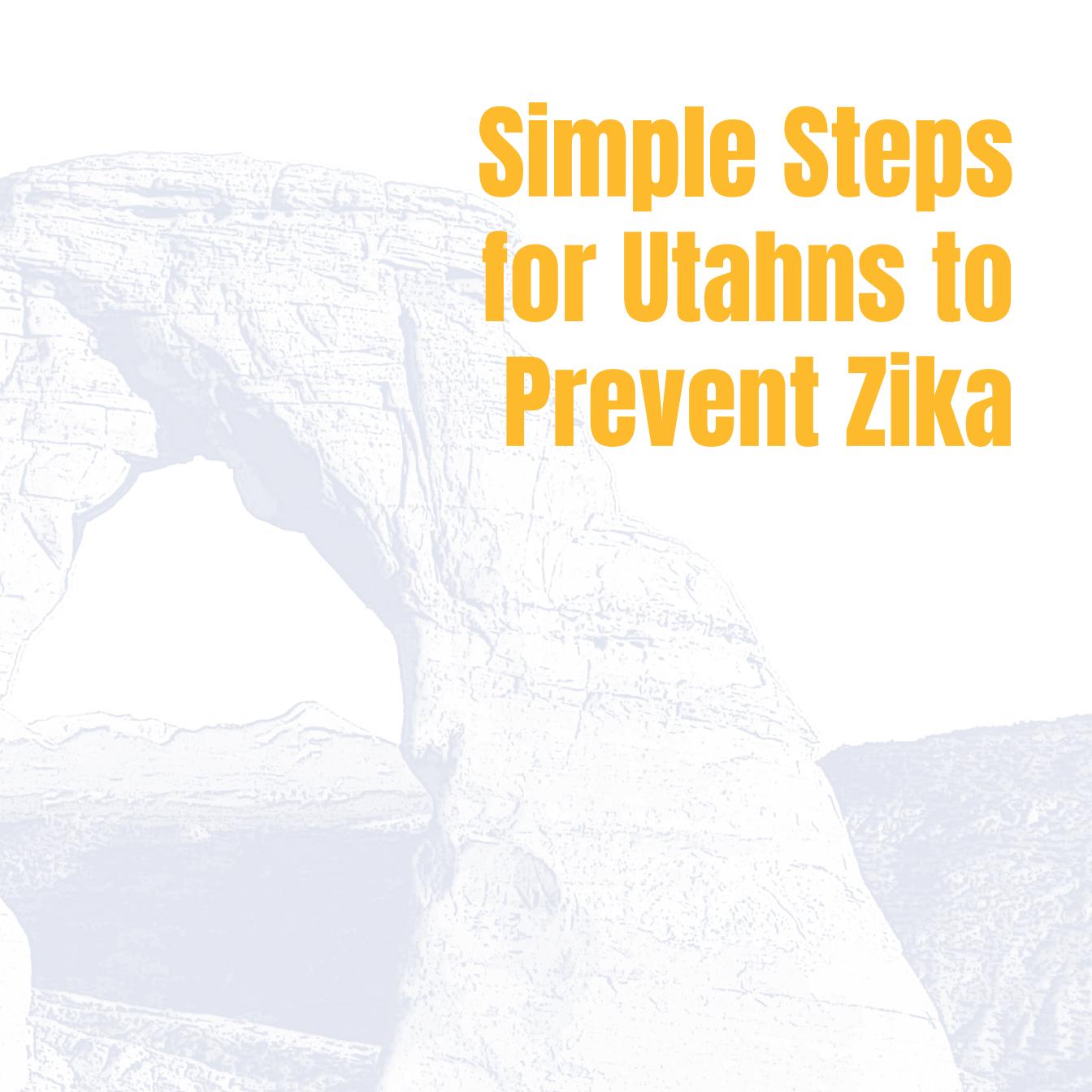
Source: Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities. Vital Signs Morbidity and Mortality





## Should I worry?

People living in Utah are at risk for Zika when they or their partner travel to Zika-infected areas. The Zika mosquito is not currently in Utah.

A photograph of a natural rock archway in a desert landscape. The arch is made of layered sandstone and is the central focus of the image. The background shows a vast, arid valley with distant mountains under a clear sky. The entire image has a light blue tint.

# Simple Steps for Utahns to Prevent Zika

# What is Zika?

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The Zika virus is spread through the bite of certain types of mosquitoes. While it can cause fever, rash, joint pain and red or pink eyes, about 80% of people with Zika do not become ill or have symptoms. The Zika virus can cause severe birth defects.

## How does Zika spread?

Bite from infected mosquito



Pregnant woman to her fetus during pregnancy



During sex



Apply EPA-approved  
insect repellent



Wear pants and  
long-sleeve  
shirts that cover  
exposed skin



## What can I do to prevent infection if I am traveling to an area with Zika?

Dump standing  
water inside and  
around your home



Use screens on  
windows and doors



Cover trash cans and  
rain barrels



## What if my partner or I have traveled to a Zika-infected place?

If a pregnant woman or her partner travels to an area with risk of Zika, the couple should use condoms every time they have sex or they should not have sex for the entire pregnancy. This is important, even if the traveler does not have symptoms of Zika or feel sick.

If you are thinking about getting pregnant, talk to your healthcare provider. You may have to wait weeks or even months before trying to get pregnant.



## How do I protect myself?

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- Don't travel to areas where the Zika virus is spreading.
- If you must travel to a Zika-infected area, follow steps to prevent mosquito bites.
- Use condoms when you have sex.
- Talk to your healthcare provider before traveling.

## How do I protect myself if I am pregnant?

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- Don't travel to areas where the Zika virus is spreading.
- Use condoms or don't have sex if you or your partner have traveled to a Zika-infected area.
- If you must travel to a Zika-infected area:
  - » Talk to your doctor before you travel.
  - » Follow steps to prevent mosquito bites.

## Where is Zika?

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Zika-infected areas currently include:

- Texas
- Florida
- Mexico
- Central America
- South America
- Pacific Islands
- Parts of Africa

Zika is spreading, so check the CDC map at [www.cdc.gov/zika/geo/](http://www.cdc.gov/zika/geo/) for the most updated information.

## What if my partner or I have traveled to a Zika-infected place?

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If you are thinking about getting pregnant and you or your partner have traveled to a Zika-infected area, talk to your healthcare provider. You may have to wait weeks or even months before trying to get pregnant.

## Concerned?

If you are concerned that you might have Zika, talk to your healthcare provider about getting tested.

Go to [www.health.utah.gov/zika](http://www.health.utah.gov/zika)

Call the Utah Department of Health at  
**1-800-822-2229**

