

# ZIKA HEALTH ADVISORY



**You could have Zika, even if you aren't sick.  
Help prevent the spread of Zika.**

**Zika is mainly spread by mosquito bites.**

**Don't give Zika to mosquitoes.**

- **Prevent mosquito bites for 3 weeks after leaving an area with Zika.**



**Zika can also spread through sex.**

**Men: Protect your sex partners.**

- **Use condoms for at least 8 weeks after leaving an area with Zika.**

**Continue to protect yourself if you're going to another area with Zika.**

**For more information,  
visit [www.cdc.gov/travel](http://www.cdc.gov/travel)**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention