

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**



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