

# The best way to prevent diseases spread by mosquitoes is to prevent mosquito bites!

## What the Centers for Disease Control and Prevention has to say about Zika:

### About Zika



### What we know

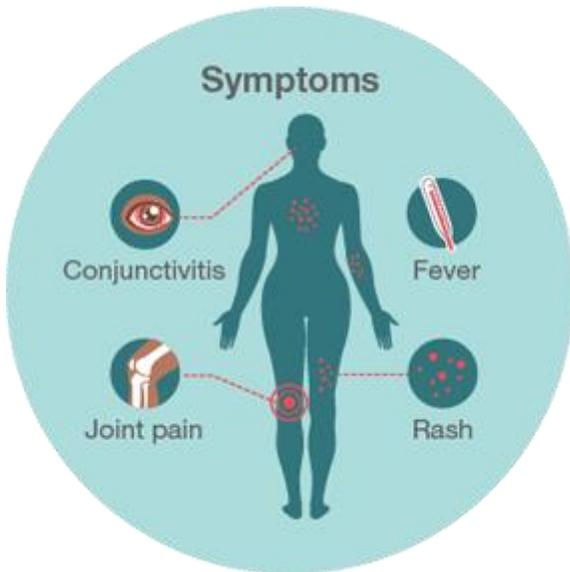
- Zika is spread mostly by the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). These mosquitoes are aggressive daytime biters. They can also bite at night.
- Zika can be passed from a pregnant woman to her fetus. Infection during pregnancy can cause certain birth defects.
- There is no vaccine or medicine for Zika.
- The Florida Department of Health has identified an area in one neighborhood of Miami where Zika is being spread by mosquitoes. [Learn more.](#)

### How Zika spreads

Zika can be transmitted through

- [Mosquito bites](#)
- From a [pregnant woman](#) to her fetus
- [Sex](#)
- [Blood transfusion](#) (very likely but not confirmed)

## Zika symptoms



Many people infected with Zika virus won't have symptoms or will only have mild symptoms. The most common symptoms of Zika are

- Fever
- Rash
- Joint pain
- Conjunctivitis (red eyes)

Other symptoms include:

- Muscle pain
- Headache

Symptoms can last for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. Once a person has been infected with Zika, they are likely to be protected from future infections.

## Why Zika is risky for some people

Zika infection during pregnancy can cause a birth defect of the brain called [microcephaly](#) and other severe fetal brain defects. Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as defects of the eye, hearing deficits, and impaired growth. There have also been increased reports of [Guillain-Barré syndrome](#), an uncommon sickness of the nervous system, in areas affected b

## How to prevent Zika

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites. Here's how



### Clothing

- Wear long-sleeved shirts and long pants.
- Treat your clothing and gear with permethrin or buy pre-treated items.



### Insect repellent

- Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#) with one of the following active ingredients:  
DEET, picaridin, IR3535, or oil of lemon eucalyptus or para-menthane-diol. Always follow the product label instructions.

- When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.
- Do not use insect repellents on babies younger than 2 months old.
- Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.



## At Home

- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Take steps to control mosquitoes inside and outside your home.
- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.



## Sexual transmission

- Prevent sexual transmission of Zika by using condoms or not having sex.