

#ZIKA

TEAM USA'S PREVENTION PLAYBOOK

WHAT IS ZIKA?

Zika is usually a mild illness (fever, rash, joint pain, and red eyes) that lasts about a week. Many people have no symptoms. **BUT** Zika can cause birth defects. In rare cases, it can trigger a nervous system illness called Guillain-Barré syndrome. Zika is spread through mosquito bites and sex.



#FIGHTTHEBITE

MOSQUITOES SPREAD ZIKA



Mosquitoes that spread Zika live indoors and outside. They bite both day and night.



Use insect repellent.



Wear long pants and long-sleeved shirts when you can.



Apply sunscreen first, then insect repellent.



#STRONGDEFENSE

ZIKA CAN BE SPREAD
THROUGH SEX



REDUCE YOUR RISK

Use condoms (every time!) you have sex (any kind!) at the Olympics. Keep using condoms when you get home.



Zika can live longer in semen than in blood.



#TIMEOUT

WAIT TO GET PREGNANT

If you want to get pregnant after your trip, wait **8 weeks** if you don't have symptoms.

If you **DO** have symptoms, **WAIT:**

WOMEN	MEN
8	6
WEEKS	MONTHS

after symptoms start



#OVERTIME

DON'T SPREAD ZIKA
AFTER THE OLYMPICS

Prevent the spread of Zika after your trip, even if you don't feel sick:



Wear insect repellent for 3 weeks. Mosquitoes could bite you and spread Zika to others.



Use condoms for 8 weeks. Men: If you have symptoms, use condoms for 6 months.



If your partner is pregnant, **use condoms or don't have sex during the pregnancy.**

Use the hashtags to share your prevention game on social media.



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