

CDC's Response to Zika

ZIKA: Protecting Migrant Workers



Protect Yourself and Your Partner from Zika



Places where Zika is found:

- ❖ Florida and Texas
- ❖ Caribbean, Central and South America
- ❖ Parts of Asia, Africa and South Pacific
- ❖ People who travel to these places should protect themselves from Zika

About Zika

- ❖ You can get Zika from the bite of an infected mosquito
- ❖ You can get Zika by having sex with someone who has the Zika virus
- ❖ Zika can pass from a woman to her unborn child. Sometimes these babies are born with serious birth defects.
- ❖ Zika can cause fever, rash, joint pain, red eyes. These symptoms are usually mild.
- ❖ There are no known cases of mosquitoes transmitting Zika in New Jersey

What should I do if I may have Zika?

- ❖ Get tested if you have the symptoms of Zika
- ❖ Tell a healthcare provider:
 - About your symptoms
 - If you got mosquito bites traveling in places where Zika is found
 - If you did not use a condom when you had sex with your pregnant partner
 - What medications you are taking



For more information:
www.cdc.gov/zika
www.nj.gov/health
#ZapZika



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

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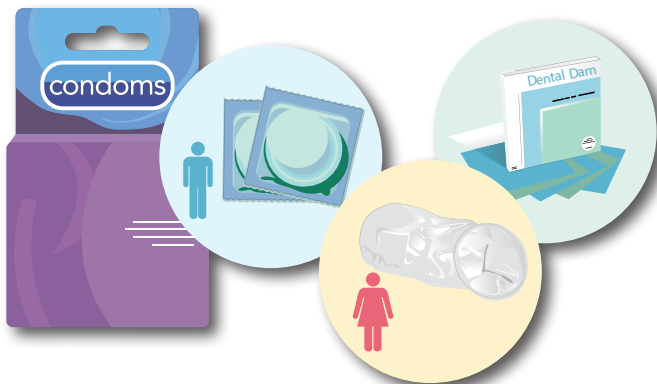
How to Protect Yourself and Your Partner from Zika

These products work and they are safe. Always use as directed.

❖ Use Condoms

If you or your partner have been to a place where Zika is found:

- Use condoms every time you have sex
- Or do not have sex
- Men should use condoms for at least 6 months
- Women should use condoms for at least 8 weeks



❖ Use Insect Repellents

If you travel to a place with Zika:

- Wear long sleeves and pants
- Use insect repellents with DEET, picaridin, IR3535, and oil of lemon eucalyptus or para-menthan-diol
- Follow directions on the label. Note directions for usage may be different for children than for adults
- Do not spray on your skin under your clothing
- When using sunscreen, use it first. Then use insect repellent



❖ Use Permethrin

Spray permethrin on clothing and gear to keep mosquitos away:

- Follow instructions
- Do not use permethrin directly on skin
- See instructions to learn how long the protection will last
- Spray your clothing before you travel



For air travel, you can pack up to 3.4 ounces of insect repellents and permethrin spray in your carry-on bag. Otherwise, pack them with your checked luggage.