

# What you should know about Zika

**What is Zika?** Zika is a virus.

**How is it spread?** You can get Zika from mosquito bites. You can also get Zika from someone who has it during anal, oral, or vaginal sex, or while sharing sex toys. Zika can also cause serious problems in pregnancy.

**What are the symptoms?** Most people who get Zika have no symptoms or they are very mild. The most common symptoms are fever, rash, joint pain, and red eyes. Some people have muscle pain or headaches. Symptoms last several days to a week. If you think you might have Zika, see a doctor or nurse.

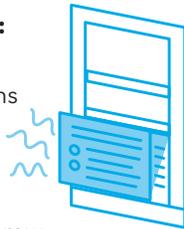
## How do I avoid ZIKA?



**Avoid mosquito bites.** Avoid travel to areas where mosquitoes are spreading Zika. If you can't, try your best to avoid mosquito bites.

- **Keep mosquitoes outside of your home:**

- Keep your windows and doors closed with air conditioning on, or keep screens on the windows and doors.

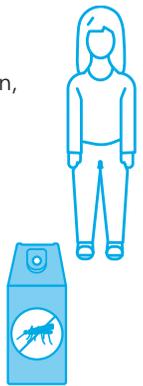


- **Control mosquitoes around your home:**

- Empty and scrub, turn over, cover, or throw out things that hold water, like buckets, trash cans, or pools.
- Use standing water treatment tabs in standing water around your house. Don't use these in water you drink. Follow the directions on the package.

- **Protect yourself when you go outside:**

- **Wear long sleeves and long pants.** If you can, treat your clothes with permethrin, or buy permethrin-treated clothes.
- **Use bug spray that has one of the following ingredients in it:** DEET, Picaridin, KBR 3023, Bayrepel, Icaridin, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD), or IR3535.
- **Always follow the directions on the package.**



**Have safer sex.** You can get Zika by having sex with someone who has it, even if they don't have symptoms. Sex includes vaginal, anal, and oral sex, and sharing sex toys.

- **If you DON'T want to be pregnant right now,** use condoms or Sheer Glyde Dams every time you have vaginal, anal or oral sex, or share sex toys. Use birth control too. Do this for as long as mosquitoes are spreading Zika.

- **If you DO want to get pregnant and your sex partner HAD Zika or symptoms of Zika:**

- If your partner is a man, wait to start trying. Use condoms or Sheer Glyde Dams every time you have anal, oral or vaginal sex, or share sex toys, for at least 6 months after symptoms started.
- If your partner is a woman, use Sheer Glyde Dams or condoms every time you have sex or share sex toys for at least 8 weeks after symptoms started.

- **If you DO want to get pregnant and you and your sex partner never had symptoms of Zika,** talk with a doctor or nurse about when you should start trying.

- **If you or your partner are pregnant and you live in, or travel to, an area where mosquitoes are spreading Zika,** use condoms or Sheer Glyde Dams every time you have vaginal, anal, or oral sex, or share sex toys, for the rest of the pregnancy. Or you can avoid sex for the rest of the pregnancy.



Condom



Sheer Glyde Dam

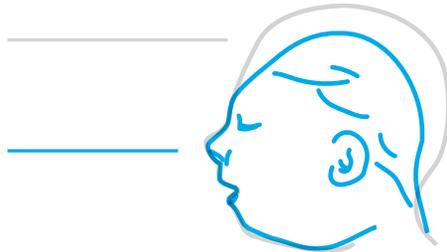
## What does Zika mean for pregnancy?

### If you have Zika while you are pregnant, it can cause:

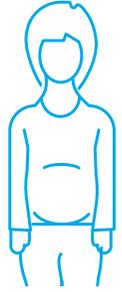
- Miscarriage or stillbirth.
- Microcephaly and other serious brain problems in your baby. Babies born with microcephaly have very small heads and brains.
- Eye problems, hearing loss, seizures, and growth problems in your baby.

Normal  
head size

Baby with  
microcephaly



You may or may not have any of these problems. There's no way to know in advance whether Zika will harm your pregnancy or not. If you test positive for Zika during pregnancy, your doctor or nurse will check the pregnancy to look for any problems. Microcephaly may not be found until the end of the second trimester or beginning of the third.



**Can I breastfeed?** There are no reports of babies getting Zika through breastfeeding.

### If I get Zika, will it harm my future pregnancies?

There is no evidence that future pregnancies will be at risk for infection once Zika is gone from your body. Once a person has had Zika, it is likely they will be protected from Zika in the future.

Planned Parenthood providers can answer your questions about Zika and help you protect yourself and your family from Zika.

Visit [www.plannedparenthood.org/zika](http://www.plannedparenthood.org/zika) to find the closest health center to you.