



What to Know About Zika

Zika is a disease caused by the Zika virus that is spread primarily through a bite from an infected mosquito. The majority of infections are mild or without symptoms. The most common symptoms are fever, rash, joint pain, and conjunctivitis (red eyes), lasting for several days to a week.

In-depth knowledge about the virus is evolving. Therefore, the Centers for Disease Control (CDC) has set up a special website with reliable, up-to-date information. We have gathered a few facts here.

What to know

- The Zika virus has been linked to serious birth defects and poor pregnancy outcomes in women who have been infected through mosquito bites in Brazil and other Latin American and Caribbean countries.
- The virus may also be sexually transmitted by men who live in or have traveled to Zika-affected areas.
- The number of cases among travelers visiting or returning from these areas to the United States will likely increase. The CDC has been monitoring these cases imported into the United States and those transmitted locally.

What you can do

- There is no vaccine to prevent Zika. Mosquito bites remain the primary way the virus is transmitted. The best protection is to wear repellents, long-sleeved shirts and long pants, and take other protective measures.
- If you have recently traveled to Zika-affected areas, tell your healthcare provider. See your healthcare provider if you develop symptoms (fever, rash, joint pain, red eyes).



Find out about prevention, risks, travel notices and other up-to-date information by visiting www.cdc.gov/zika or your State Health Department website.

Special CDC guidelines

For pregnant women or women wishing to become pregnant: The CDC recommends postponing travel to Zika-infected areas.

For men who live in or have traveled to Zika-affected areas: Follow the CDC recommendations to avoid sexually transmitting the disease to pregnant or non-pregnant partners.

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