



PRACTICE SAFER SEX.

If either partner in a relationship has been to an area with active Zika virus transmission, use condoms to prevent passing it to your partner.

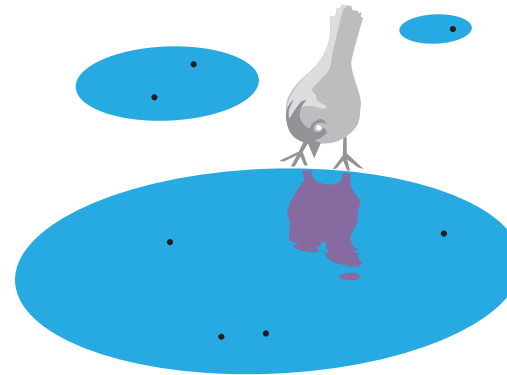
For at least six months: When a man has a confirmed infection.

For at least eight weeks: When a man has traveled to an area with active virus transmission but did not develop symptoms.

Until active transmission ends: If there are Zika cases in your area, use a condom even if you don't have symptoms.

For the duration of the pregnancy: When a woman is pregnant.

(Source: CDC guidance)



DRAIN STANDING WATER.

Prevent mosquito breeding by removing standing water around your home. Common breeding grounds include: old tires, rain gutters, buckets, bird baths and potted plant trays. *(Source: EPA)*



WEAR PROTECTIVE CLOTHING.

Treat clothes with permethrin, an insecticide, or buy treated clothing. Wear long sleeves, pants, scarves and hats when possible.

(Source: CDC)



IDSA

Infectious Diseases Society of America

SIX WAYS TO HELP PREVENT THE SPREAD OF ZIKA VIRUS

Protect yourself and your family this summer

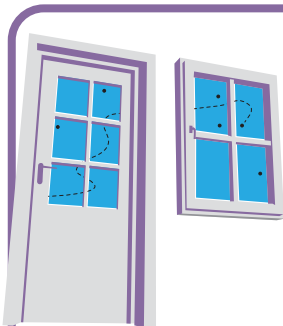


USE BUG SPRAY WHEN OUTSIDE.

Reapply bug spray every few hours and do not spray on skin under clothing. *(Source: CDC)*

Bug sprays registered by the Environmental Protection Agency (EPA) will protect against the mosquitoes that transmit Zika virus. *(Source: EPA)*

When buying bug spray look for these active ingredients: DEET, Picaridin, oil of lemon eucalyptus or IR3535. *(Source: CDC)*



CHECK DOORS AND WINDOWS.

If doors and windows are open, ensure screens are not damaged. Use air conditioning if available.

COVER YOUR CHILDREN.

Consider covering cribs, strollers or carriers with mosquito netting to protect infants and young children.

