

Prevention when traveling to Zika areas

Is it safe to travel to Zika areas?

Iowa Department of Public Health What everyone needs to know about Zika virus



Use EPA registered insect repellents (such as DEET, picaridin, IR3535, or oil of lemon eucalyptus) at all times. Zika-carrying mosquitoes bite during the day and at night.

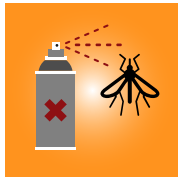
- Always follow label instructions.
- Reapply repellent frequently.

You can also decrease the risk of mosquito bites by:

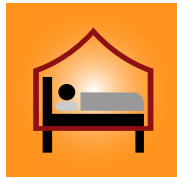
- Wearing long-sleeved shirts and long pants if possible.
- Staying in places with window and door screens.
- If mosquitoes can get into your sleeping area, sleeping under mosquito nets.



WEAR LONG SLEEVED SHIRTS, TROUSERS, HATS



USE EFFECTIVE INSECT REPELLENTS



USE MOSQUITO NETS IF MOSQUITOES ARE IN SLEEPING AREA

Check here for current areas with Zika:



Fact: Pregnant women should not travel to areas of Zika transmission.



✓ If a couple is planning pregnancy, wait at least the recommended amounts of time after return from an area of Zika transmission before having unprotected sex

- For men, wait at least 3 months after travel or illness before having unprotected sex.
- For women, wait at least 2 months after travel or illness before having unprotected sex.

✓ All travelers should protect themselves from mosquito bites while in areas of Zika transmission, and use condoms after travel to prevent spreading Zika through intimate relations.

✓ Zika carrying mosquitoes do not live in Iowa.

✓ Iowans traveling to areas of Zika transmission should take precautions to prevent mosquito bites.

✓ Pregnant women should avoid traveling to areas of Zika transmission.

✓ Zika can be passed from a pregnant woman to her fetus.

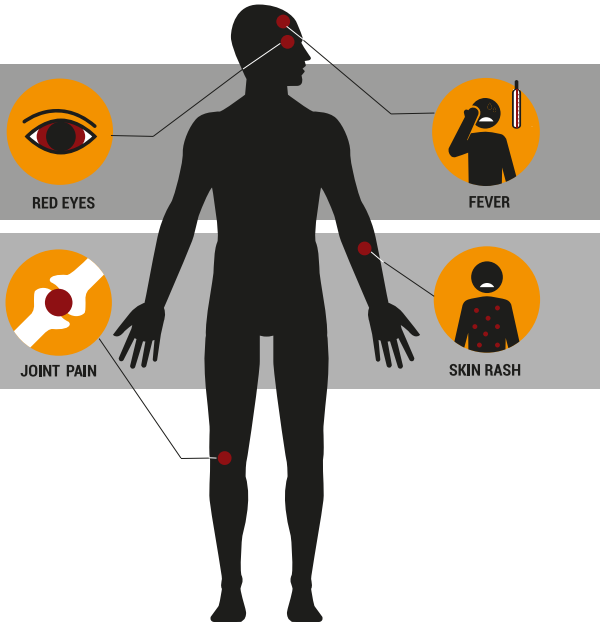
✓ Zika can also be passed through sex from a person who has Zika to his/her sex partners.



Symptoms

Many people infected with Zika virus won't have any symptoms. If they do have symptoms, they are usually mild and last up to a week.

The most common symptoms of Zika are:



- Only two out of 10 people infected with Zika virus will have symptoms.
- Of those who become ill, most will recover at home. Very rarely, Zika causes death.
- Guillain-Barre syndrome (GBS), is a very rare disorder of the nervous system. A small number of people infected with Zika will develop GBS.

How Zika is spread

Zika is spread primarily through the bite of an infected Aedes mosquito.

Fact: Zika can remain in semen longer than other body fluids (such as vaginal fluids, urine and blood) so protect yourself. Use condoms.

Zika virus can be spread from an infected person to his or her partner during intimate relations.

- The virus can be spread whether the infected person has symptoms or not.
- Zika virus can be spread through vaginal, anal and oral sex and through the sharing of sexual aids.

To prevent spreading Zika virus among partners:

- Males should abstain from sex or use condoms for three months following their exposure or illness.
- Females should abstain from sex or use condoms for two months following their exposure or illness.



Pregnant?

What you should know about Zika and sex during your pregnancy:

- A sexual partner who has traveled to an area of Zika transmission can infect you.
- If your partner has traveled to an area of Zika transmission, do not have sex during your pregnancy or use a condom every time you have sex.
- If you have traveled to an area of Zika transmission or had sexual exposure to someone who has traveled to an area of Zika transmission, talk to your health care provider.

Fact: Pregnant women should not travel to areas with known Zika transmission!

Zika can be passed from a pregnant woman to her fetus. Infection of the fetus during pregnancy can cause:

- Microcephaly (a condition where the fetus or baby has an abnormally small head).
- Eye and hearing defects.
- Impaired growth.

