

Zika Virus Prevention

If you're concerned about contracting Zika virus or fear that you have already contacted the virus, here's some important information you'll want to be aware of to make informed decisions about your health.

- No vaccine exists to prevent Zika virus disease (Zika).
- Prevent Zika by avoiding mosquito bites.
- Mosquitoes that spread Zika virus bite mostly during the daytime.
- Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.
- Prevent sexual transmission of Zika by using condoms or not having sex.

When traveling where Zika virus or other viruses spread by mosquitoes are found, take the following steps:

- **Wear long-sleeved shirts and long pants.**
- **Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.**
- **Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.**
- **Use insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.**
 - Always follow the product label instructions.
 - Reapply insect repellent as directed.
 - Do not spray repellent on the skin under clothing.
 - If you are also using sunscreen, apply sunscreen before applying insect repellent.

• **If you have a baby or child:**

- Do not use insect repellent on babies younger than 2 months of age.
- Dress your child in clothing that covers arms and legs, or
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
- Adults: Spray insect repellent onto your hands and then apply to a child's face.

• **Treat clothing and gear with permethrin or purchase permethrin-treated items.**

- Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
- If treating items yourself, follow the product instructions carefully.
- Do NOT use permethrin products directly on skin. They are intended to treat clothing.

If you have Zika, protect others from getting sick. During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites. An infected mosquito can then spread the virus to other people. To help prevent others from getting sick, avoid mosquito bites during the first week of illness.

Zika virus can be spread during sex by a man infected with Zika to his sex partners. We do not know how long the virus is present in the semen of men who have had Zika. We do know that the virus can stay in semen longer than in blood.

To help prevent spreading Zika from sex, you can use condoms the right way every time you have sex. This includes vaginal, anal, and oral (mouth-to-penis) sex. Not having sex is the best way to be sure that someone does not get sexually transmitted Zika virus.

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