

# Educational Handouts for Clients In Areas WITHOUT Local Mosquito-borne Transmission of Zika

**Handout #1** Important Information about Zika

**Handout #2** Protecting Yourself and Others from Zika

**Handout #3** What Men Need to Know about Zika

# Important Information about Zika

For people living in areas where mosquitoes are not spreading Zika



**If a woman gets Zika while she is pregnant, she may have a miscarriage or her baby may be born with serious birth defects.**

## How people get the Zika virus

- ▶ In some places, Zika is spread by mosquitoes.
- ▶ A man or woman with Zika can also spread it to others through vaginal, anal or oral sex, or sharing sex toys.
- ▶ The mosquitoes that carry Zika bite day and night.

## What we don't know about Zika

There are many things we don't know about Zika, including:

- ▶ How likely it is that Zika will affect a woman's fetus during pregnancy
- ▶ If the effect of Zika on a fetus is different depending on when during pregnancy a woman is infected
- ▶ How long the Zika virus can stay in semen and vaginal fluid
- ▶ Where mosquitoes that spread Zika will be found in the United States in the future
- ▶ When a vaccine or medicine to prevent or treat Zika may be available

## Are YOU at risk?

You may be exposed to Zika:

- ▶ If you live in (or travel to) an area with mosquitoes that spread Zika
- ▶ If you have sex with a man or woman who has Zika

## Protect yourself and others from Zika

To prevent Zika when having sex you can **use condoms** (male or female) **every time during vaginal, anal or oral sex:**

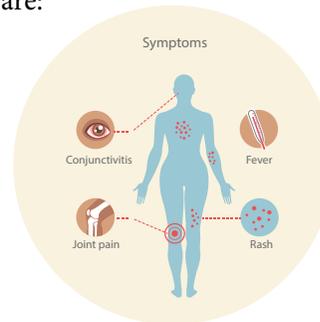
- ▶ If you have sex with a man or woman who may have been exposed to Zika
- ▶ If you are a man or woman who may have been exposed to Zika

If you are sexually active and at risk for unplanned pregnancy, you can also choose to use one of the many **safe, effective contraceptive methods**.

If you travel to areas where mosquitoes spread Zika, use mosquito repellent and follow steps to **prevent mosquito bites**.

## Symptoms of Zika

Most people with Zika don't know they have it. The illness is usually mild with symptoms lasting for several days to a week. Common symptoms are:



- ▶ Fever
- ▶ Rash
- ▶ Joint pain
- ▶ Red eyes

You can spread Zika even if you do not have symptoms.



For the most current information on areas with Zika, talk with your healthcare provider or check the CDC site: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

For more information and health services contact:

Find the latest information about Zika on the Centers for Disease Control website: <http://www.cdc.gov/zika/>

# Protecting Yourself and Others from Zika



For women living in areas where mosquitoes are not spreading Zika

- ▶ If a woman gets a Zika infection while she is pregnant, she may have a miscarriage or her baby may be born with serious birth defects.
- ▶ In some places, Zika is spread by mosquitoes. Zika can also be passed through vaginal, anal or oral sex, or sharing of sex toys with a man or woman with Zika.
- ▶ If you or your sex partner(s) live in, or travel to, an area with Zika — you may get Zika.



## How to protect yourself and others

### Prevent getting Zika from sex

To prevent getting Zika when having sex with someone who has traveled to, or lived in, an area with Zika:

Use condoms correctly every time

Or

Don't have vaginal, oral or anal sex

- ▶ For at least **3 months** from last possible exposure or when symptoms started (for male partners) and **8 weeks** from last possible exposure or when symptoms started (for female partners)

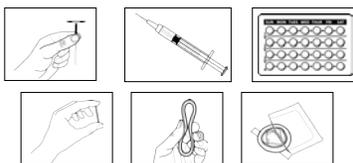


### Use birth control if you wish to prevent pregnancy

A woman may be exposed to Zika before she even knows she's pregnant.

Without birth control, about 85 out of 100 sexually active women get pregnant within one year.

There are many examples of birth control that are safe and effective.



Talk with your healthcare provider about what's important to you in a method.

### Prevent getting Zika from mosquitoes

If you or your sex partner(s) travel to an area with Zika:

- ▶ Use Environmental Protection Agency (EPA)-registered insect repellent while you travel and for 3 weeks after returning home.
- ▶ Wear long sleeves, long pants and socks.
- ▶ Wear permethrin-treated clothing.
- ▶ Stay in places with air conditioning or window and door screens.
- ▶ Sleep under a mosquito net.
- ▶ Empty standing water near your home or work.
- ▶ Create and use your own Zika prevention kit: <http://www.cdc.gov/zika/pdfs/zika-prevention-kit-english.pdf>



## How the risk of Zika may affect pregnancy plans



- ▶ Women and couples at risk for Zika may wish to delay pregnancy until more is known about the virus.
- ▶ Pregnant women are advised **not** to travel to areas with Zika. Those attempting conception should consider avoiding non-essential travel to these areas.
- ▶ If a **woman potentially has been exposed** to Zika through travel or sexual activity, she should **wait at least 8 weeks from her last potential exposure before trying to get pregnant**. If she develops symptoms of Zika, she should wait at least 8 weeks after the symptoms start.
- ▶ If a **man has been exposed** to Zika, the couple should **wait at least 3 months after the last possible exposure or after symptoms started** before trying to get pregnant. Use condoms and consider using additional contraception or not having sex during this time. This is because Zika can still be in a man's semen many months after he first gets the virus.
- ▶ If a woman is pregnant, and her partner is at risk of Zika, they should **use condoms** for vaginal, anal or oral sex, or not have sex or share sex toys **throughout** the entire **pregnancy**.

## What are your thoughts about pregnancy?

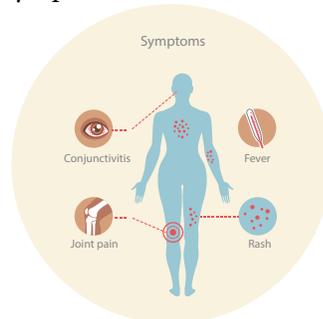
Talk to your healthcare provider about your future plans for pregnancy, and options for birth control if you don't want pregnancy now.



**We can help answer your questions about Zika, pregnancy and birth control.**

## Symptoms of Zika

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- ▶ Fever
- ▶ Rash
- ▶ Joint pain
- ▶ Red eyes

You can spread Zika even if you do not have symptoms.

For more information and services contact:

Find the latest information about Zika on the Centers for Disease Control website: <http://www.cdc.gov/zika/>

# What Men Need to Know about Zika

For men living in areas where mosquitoes are not spreading Zika



- ▶ In some places, Zika is spread by mosquitoes.
- ▶ Zika can also be passed through vaginal, anal or oral sex, or the sharing of sex toys with a man or woman with Zika.
- ▶ If a woman gets Zika while she is pregnant, she may have a miscarriage or her baby may be born with serious birth defects. Zika can cause the baby to have microcephaly, a severe birth defect that is a sign of incomplete brain development.

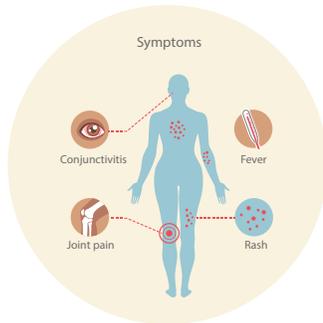
## A man's risk of getting and spreading Zika

If you **live in, or travel to, an area with Zika** — you may be exposed to Zika through mosquito bites. You can also get Zika by having sex with someone with Zika.

You may **not** know you have Zika, but you can still spread it to others during sex. Then, if your female partner gets pregnant, or if she is already pregnant, her developing fetus may get Zika and be born with serious birth defects.

## Symptoms of Zika

Most people with Zika don't know they have it. The illness is usually mild with symptoms lasting for several days to a week. Common symptoms are:



- ▶ Fever
- ▶ Rash
- ▶ Joint pain
- ▶ Red eyes

**If you have been exposed to Zika** you can pass Zika to your sex partners:

- ▶ For up to 3 months, following your last potential exposure or onset of symptoms.



For the most current information on areas with Zika, talk with your healthcare provider or check the CDC site: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

## If you and your partner want to have a baby

It is recommended that you wait until you are no longer at risk of spreading Zika before trying to get your partner pregnant. Talk with your healthcare provider before attempting pregnancy, even if you have not had symptoms of Zika.

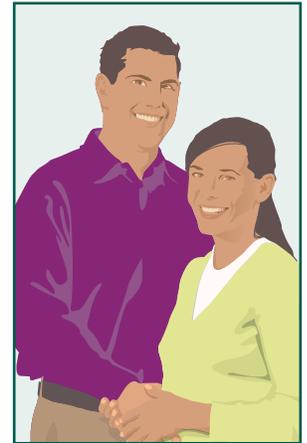
# How to protect yourself and others from Zika

## Prevent getting or spreading Zika from sex

If you live in or travel to an area with Zika, you can help prevent getting and spreading Zika by using condoms for vaginal, anal or oral sex, or by not having sex while you are there.

If you go to an area with Zika and return to an area **without** Zika, you should wait before trying to get your partner pregnant at least 3 months after your return or after symptoms started.

During the time frame when there is a risk of spreading Zika, you can use condoms and prevent pregnancy with birth control, or don't have sex.



## Prevent spreading Zika to a future child

If your partner may be pregnant or is pregnant and you were exposed to Zika, use condoms or don't have vaginal, anal or oral sex during the entire pregnancy. This may reduce the risk of having a baby that is harmed by the Zika virus.

## Prevent getting Zika from mosquito bites

If you lived in or travel to an area with Zika, protect yourself from mosquito bites when you are there.

- ▶ Use Environmental Protection Agency (EPA)-registered insect repellent if traveling to an area with Zika. (Continue to use repellent for three weeks after returning home, to prevent mosquitoes from biting you and spreading it to others near your home.)
- ▶ Wear long sleeves, long pants and socks.
- ▶ Wear permethrin-treated clothing.
- ▶ Stay in places with air conditioning or window and door screens.
- ▶ Sleep under a mosquito net if you are sleeping in a space without air conditioning and sealed windows.
- ▶ Empty standing water near your home or work.
- ▶ Create and use your own Zika prevention kit:  
<http://www.cdc.gov/zika/pdfs/zika-prevention-kit-english.pdf>



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