

# Educational Handouts for Clients In Areas WITH 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 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.**

## How people get the Zika virus

- ▶ Zika is a virus spread mostly by mosquitoes.
- ▶ A man or woman with Zika can also spread it to others through vaginal, anal or oral sex and the sharing of 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:

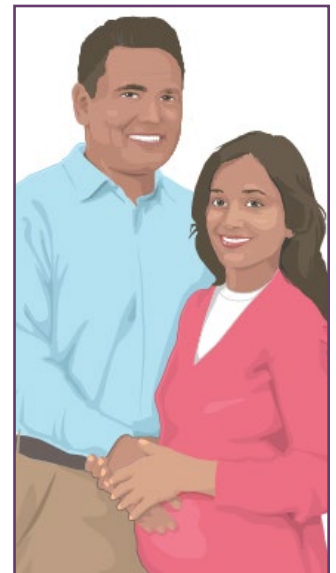
- ▶ If you live in (or travel to) an area with mosquitoes that spread Zika
- ▶ If you have sex with a man or woman who has Zika

## Protect yourself and others from Zika

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

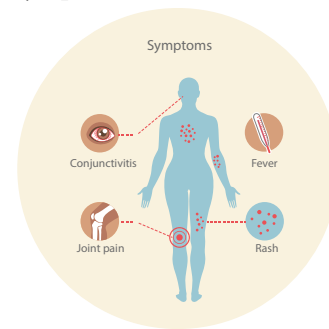
If you are sexually active and at risk for unplanned pregnancy, you can also choose to use one of the many **safe, effective contraceptive methods.**

Use mosquito repellent and follow other 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 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 with Zika

- ▶ Zika is a virus mostly spread by mosquitoes. 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 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 help prevent getting Zika when having sex:

- ▶ Use condoms correctly every time.
- Or**
- ▶ Don't have vaginal, oral or anal sex.

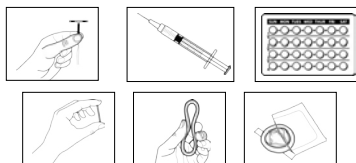


If you are **pregnant, use condoms or don't have sex** for the entire pregnancy.

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

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

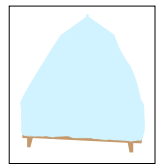
There are many examples of birth control methods that are safe and effective.



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

### Prevent getting Zika from mosquitoes

- ▶ Use Environmental Protection Agency (EPA)-registered insect repellent.
- ▶ 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 may wish to delay pregnancy until more is known about Zika.
- ▶ If a **woman has had symptoms** of Zika, she should **wait at least 8 weeks** before trying to get pregnant.
- ▶ If a **man has had symptoms** of Zika, the couple should **wait at least 3 months** before trying to get pregnant, and use condoms or avoid 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 (either male or female) is at risk of Zika, they should **use condoms** for vaginal, anal or oral sex or not have sex **throughout the entire pregnancy**.

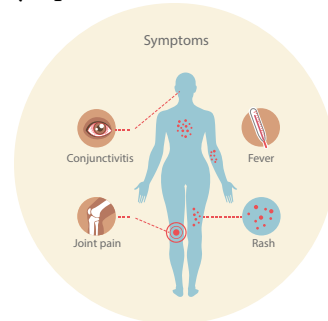
## What are your thoughts about pregnancy?

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

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 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 people living in areas **with** Zika



- ▶ Zika is a virus mostly spread by mosquitoes.
- ▶ Zika can also be passed through vaginal, anal or oral sex, or the sharing of sex toys with a man or a 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

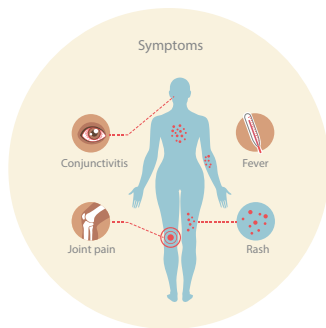
If you **live in an area with Zika** — you may be exposed to Zika through mosquito bites. You can also get Zika by having sex with someone with Zika.

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 at least 3 months, regardless of symptoms.



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

Talk to your healthcare provider about how you can reduce your risk of spreading Zika if you and your partner would like to have a baby. Help protect your partner and future child from Zika. For example:

- ▶ Wait at least 3 months before attempting pregnancy if you have had symptoms of Zika. Use condoms or don't have sex for at least 3 months after symptoms start, even if you are using other forms of birth control.
- ▶ Talk with your healthcare provider before attempting pregnancy, even if you have not had symptoms of Zika.
- ▶ Protect yourselves against mosquito bites with insect repellent and follow the steps described on the other side of this page.

# How to protect yourself and others from Zika

## Prevent spreading Zika when having sex

To help prevent spreading Zika when having sex:

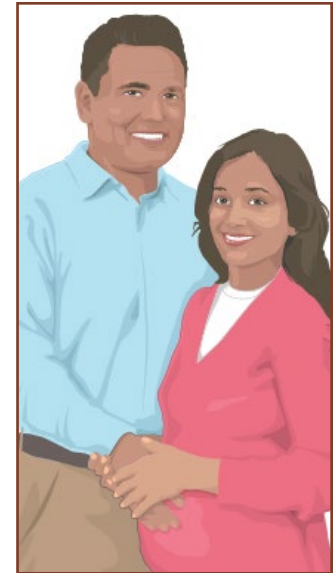
- ▶ Use condoms correctly every time

**Or**

- ▶ Don't have vaginal, anal or oral sex

If you have symptoms of Zika, use condoms with all partners for 3 months from when the symptoms start.

There are also many methods of safe and effective birth control that a woman can use to prevent pregnancy if she wishes.



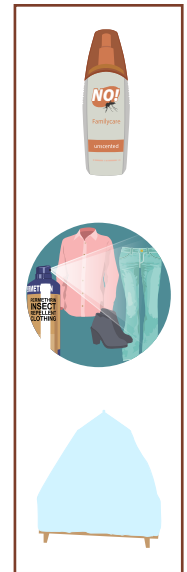
## Prevent spreading Zika to a future child

- ▶ If your partner may be pregnant or is pregnant, use condoms for vaginal, anal or oral sex, or don't have sex during the entire pregnancy.

## Prevent getting Zika from mosquito bites

If you live in an area with Zika protect yourself from mosquito bites.

- ▶ Use Environmental Protection Agency (EPA)-registered insect repellent. (If traveling to an area without Zika, also use repellent for three weeks once you arrive, to prevent mosquitoes there from biting you and spreading it to others.)
- ▶ 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>



For more information and services contact:

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