Protect Yourself and Your Partner from Zika

About Zika
- You can get Zika from the bite of an infected mosquito
- You can get Zika by having sex with someone who has the Zika virus
- Zika can pass from a woman to her unborn child. Sometimes these babies are born with serious birth defects.
- Zika can cause fever, rash, joint pain, red eyes. These symptoms are usually mild.
- There are no known cases of mosquitoes transmitting Zika in New Jersey

What should I do if I may have Zika?
- Get tested if you have the symptoms of Zika
- Tell a healthcare provider:
  - About your symptoms
  - If you got mosquito bites traveling in places where Zika is found
  - If you did not use a condom when you had sex with your pregnant partner
  - What medications you are taking

Places where Zika is found:
- Florida and Texas
- Caribbean, Central and South America
- Parts of Asia, Africa and South Pacific
- People who travel to these places should protect themselves from Zika

For more information:
- www.cdc.gov/zika
- www.nj.gov/health
- #ZapZika

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How to Protect Yourself and Your Partner from Zika

These products work and they are safe. Always use as directed.

**Use Condoms**
If you or your partner have been to a place where Zika is found:
- Use condoms every time you have sex
- Or do not have sex
- Men should use condoms for at least 6 months
- Women should use condoms for at least 8 weeks

**Use Insect Repellents**
If you travel to a place with Zika:
- Wear long sleeves and pants
- Use insect repellents with DEET, picaridin, IR3535, and oil of lemon eucalyptus or para-menthan-diol
- Follow directions on the label. Note directions for usage may be different for children than for adults
- Do not spray on your skin under your clothing
- When using sunscreen, use it first. Then use insect repellent

**Use Permethrin**
Spray permethrin on clothing and gear to keep mosquitoes away:
- Follow instructions
- Do not use permethrin directly on skin
- See instructions to learn how long the protection will last
- Spray your clothing before you travel

For air travel, you can pack up to 3.4 ounces of insect repellents and permethrin spray in your carry-on bag. Otherwise, pack them with your checked luggage.