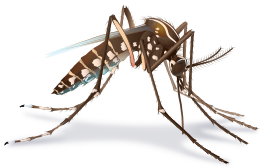
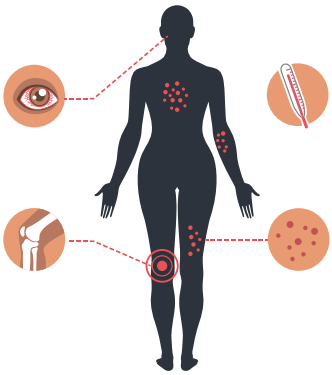
CDC's Response to Zika

Health Advisory: Zika



How you can get Zika

- Zika is a disease mainly spread by mosquitoes.
- Zika can also be spread through sex with a person who has the virus. You can get Zika through sex with a person who has the virus—even if he or she does not show symptoms.



Zika symptoms

The most common symptoms of Zika are:

- Fever
- Rash
- Joint pain
- Red eyes

Many people will not have symptoms or will only have symptoms that are mild and last a few days to a week.

If you have these symptoms, visit a doctor and protect yourself from mosquito bites to avoid spreading Zika to others.

Zika and sex

- You can get Zika through sex with a person who has been in an area with Zika and has the virus.
- People without symptoms may be able to pass the virus through sex.

How to protect yourself

- Condoms can lower your risk of getting Zika through sex with a person who has been in Mexico, Central or South America, or the Caribbean.
- Use insect repellent and wear long-sleeved shirts and long pants to protect against mosquito bites. Take these steps when in Mexico, Central or South America, or the Caribbean and for 3 weeks after leaving these areas.

Zika and pregnancy

Zika causes serious birth defects.

A person who has been in Mexico, Central or South America, or the Caribbean should use condoms every time during sex with a pregnant woman or should not have sex during the pregnancy.

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