For anyone who plans to travel to Zika-affected areas, avoiding mosquito bites is the best way to avoid exposure to the virus.

Zika virus is primarily spread through the **BITE OF INFECTED MOSQUITOS.**

**MOTHER-TO-BABY & SEXUAL ACTIVITY**
If a pregnant woman is bitten by an infected mosquito, the infection can cross the placenta, infecting the fetus.

The virus can also be transmitted sexually.

**TRANSFUSION**
The virus can also be transmitted through blood transfusion or laboratory exposure.

1 in 5 AFFECTED PEOPLE WILL EXHIBIT SYMPTOMS.
Symptoms of Zika virus are generally mild. People infected with Zika virus rarely need hospitalization.

**RASH**
**HEADACHE**
**FEVER**
**ITCHY EYES**

**THE BEST WAY TO PROTECT YOURSELF**
- Women who are pregnant or trying to become pregnant should consider limiting travel to countries affected by Zika virus outbreaks.
- People traveling to these areas should follow these prevention methods:

**USE ENVIRONMENTAL PROTECTION AGENCY-APPROVED BUG SPRAY**
**WEAR LONG-SLEEVE SHIRTS AND LONG PANTS**
**STAY INDOORS**

For more information, please visit http://www.hopkinsmedicine.org/zika-virus/