Zika infection during pregnancy may cause severe birth defects. Use your birth control method correctly and with every sexual encounter. In addition to your usual method, CDC recommends that you use condoms, because the virus can be found in semen for 90 days.

**What is Zika virus disease?**
Zika is a disease caused by Zika virus that is spread to people primarily through the bite of an infected Aedes species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.

**Where is Zika found?**
Cases have been reported in the areas shown on the map, primarily in Central and South America. There have been a few cases reported in the United States in travelers returning from Zika areas.

**How can people protect themselves against Zika?**
The best way to prevent Zika is to prevent mosquito bites. Here's how:

- Wear long sleeves and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET (e.g. Deep Woods OffTM, p-Menthane-3,8-diol, picaridin, 2-undecanone, Oil of Lemon Eucalyptus, catnip oil, or IR3535) as the active ingredient. Always follow the instructions on the label and reapply per EPA recommendations.
- The mosquitoes which carry Zika, dengue, Yellow Fever, and chikungunya are active all day, and at dawn and dusk. However, they do sometimes bite at night.

  Visit CDC’s website for more information about preventing mosquito bites.