

Zika Prevention Resources

1  **Zika primarily spreads through infected mosquitoes. You can also get Zika through sex.**

Many areas in the United States have the type of mosquitoes that can spread Zika virus. These mosquitoes are aggressive daytime biters and can also bite at night. Also, a man infected with Zika can pass it to others through sex.

2 **The best way to prevent Zika is to prevent mosquito bites.**

- Use insect repellent. It works!
- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or window and door screens.
- Remove standing water around your home.



3  **Zika is linked to birth defects.**

Zika infection during pregnancy can cause a serious birth defect called microcephaly that is a sign of incomplete brain development. If you have a male partner who lives in or has traveled to an area with Zika, do not have sex, or use condoms the right way, every time, during your pregnancy.

4 **Pregnant women should not travel to areas with Zika.**

If you must travel to one of these areas, talk to your healthcare provider first and strictly follow steps to prevent mosquito bites during your trip.



5  **Returning travelers infected with Zika can spread the virus through mosquito bites.**

Zika virus can stay in your blood for a week. When a mosquito bites you, you can pass the virus to the mosquito. The infected mosquito bites other people, who get infected.

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About Zika

Zika is spread mostly by the bite of an infected *Aedes* species mosquito. These mosquitoes are aggressive daytime biters. They can also bite at night.

Zika can be passed from a [pregnant woman](#) to her fetus. Infection during pregnancy can cause certain birth defects.

There is currently no vaccine or medicine for Zika.

Florida has confirmed local transmissions of the Zika virus in Miami-Dade and Broward counties.

At this time, the Florida Department of health has identified one neighborhood of Miami where Zika is being spread by mosquitos. [Learn more.](#)

Local Resources

Pregnant women can be tested for Zika infection at the Broward and Palm Beach County health departments.

Find a location near you [here](#) or by calling the Florida Department of Health at 850-245-4444.

Broward county residents can request to have their property sprayed for mosquitos [here](#).



This video from the Florida Department of Health provides tips to prevent mosquitos from breeding near your home.

Mosquitos lay eggs on standing water. To prevent water collection, Broward County recommends:

- Repair leaky pipes and outdoor faucets
- Install screens on rain barrels
- Empty water from boats
- Clean bird baths, plastic pools, and pet dishes
- Fill holes in trees with sand or mortar
- Change water in outdoor water vases
- Clean clogged roof gutters that collect water