

## Zika Virus, Travel & College Students

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### What is Zika and how is it spread?

Zika virus is primarily spread to humans by mosquitoes. About 4 out of 5 people with Zika won't even know they have it. The illness is usually mild with symptoms lasting several days to a week. The most common symptoms of Zika are fever, rash, joint pain, conjunctivitis (red eyes).

The Centers for Disease Control & Prevention (CDC) has confirmed a case of sexual transmission of Zika from a man to his female sex partner. Investigations of other cases of possible sexual transmission from infected males are ongoing. Some of these partners are pregnant females.

Infection with Zika during pregnancy may be linked to birth defects in babies. Nationally, about 50% of pregnancies among young women are unintended. Avoid unplanned pregnancy if you travel to (or recently returned from) an area with active Zika virus transmission.

CDC recommends that travelers to affected areas protect themselves from mosquito bites, avoid pregnancy and always use condoms during sex to prevent spread of Zika.

### Where is Zika?

Infections have been reported in Southeast Asia, Africa, the Pacific Islands, the Caribbean, Central America, Mexico and South America. Active transmission of Zika virus is ongoing in South America, the Caribbean, Central America and Mexico.

### What might this mean for you?

Although Zika is primarily spread through the bite of an infected mosquito, Zika can also spread from an infected man through semen. If you are traveling to Zika-affected areas on spring break or through study abroad programs:

- If you have sex, use birth control *during the trip* to prevent pregnancy.
- Continue using birth control *for 14 days after* arriving home.
- Use condoms correctly every time you have vaginal, anal or oral (mouth-to-penis) sex *for 14 days* after arriving home. Using condoms can greatly reduce spread of STDs like HIV, Chlamydia and gonorrhea and prevent pregnancy.
- If your partner is pregnant, use condoms correctly every time you have vaginal, anal or oral sex, or don't have sex during the pregnancy.

### Links to more information:

Travel info from CDC on Zika-affected areas

<http://wwwnc.cdc.gov/travel/page/zika-information>

Travel info from CDC on avoiding bug bites

<http://wwwnc.cdc.gov/travel/page/avoid-bug-bites>

Info on condoms, birth control and STDs from CDC

<http://www.cdc.gov/condomeffectiveness/index.html>