



ADULTS WITH ZIKA

If you think you may have Zika, your first step should be to contact a healthcare provider about getting tested. If lab results confirm that you do have Zika, or have had it recently, there are a few other steps you should follow.

Men

1. **Protect yourself from mosquito bites.** Zika spreads through mosquitoes. If a mosquito bites an infected person (you) the mosquito can then transmit the disease to another person.
2. **Protect your sexual partners.** Zika can also be spread through sexual contact with both men and women. The virus can be spread through semen for up to 6 months after initial infection, even if you have no symptoms. Make sure to use a condom during sex, or abstain (no oral, anal, or vaginal sex), for 6 months.
3. Discuss pregnancy planning with your female partners. Since Zika is especially damaging to developing fetuses, it's particularly important to avoid transmitting Zika to a woman who is pregnant or may become pregnant soon. For more information and resources regarding access to birth control, visit the Family Planning and Pregnancy page in the New Hampshire Zika Resource Guide Website or the CDC's Men with Zika page (<https://www.cdc.gov/zika/men/index.html>).

For Women

1. **Protect yourself from mosquito bites.** Zika spreads through mosquitoes. If a mosquito bites an infected person (you) the mosquito can then transmit the disease to another person.
2. **Protect your sexual partners.** Zika can also be spread through sexual contact with both men and women. The virus can spread from women through sexual contact for up to 8 weeks after initial infection, even if you have no symptoms. Make sure to use a condom during sex, or abstain (no oral, anal, or vaginal sex), for 8 weeks.
3. **Avoid pregnancy.** It is strongly recommended that you take extra precautions against becoming pregnant since Zika can have very serious consequences for developing babies. If you are already pregnant, or if you need help or information regarding access to birth control or family planning, please visit the [Family Planning & Pregnancy](#) page. The CDC's page on Women & Their Partners Trying to Become Pregnant (<https://www.cdc.gov/pregnancy/zika/women-and-their-partners.html>) may also be helpful.



4. **If you are already pregnant**, visit a healthcare provider as soon as possible. For more information on Zika during pregnancy, including information on how to find a healthcare provider, please visit the [Family Planning & Pregnancy](#) page or the CDC's Pregnant Women Zika page (<https://www.cdc.gov/pregnancy/zika/protect-yourself.html>).

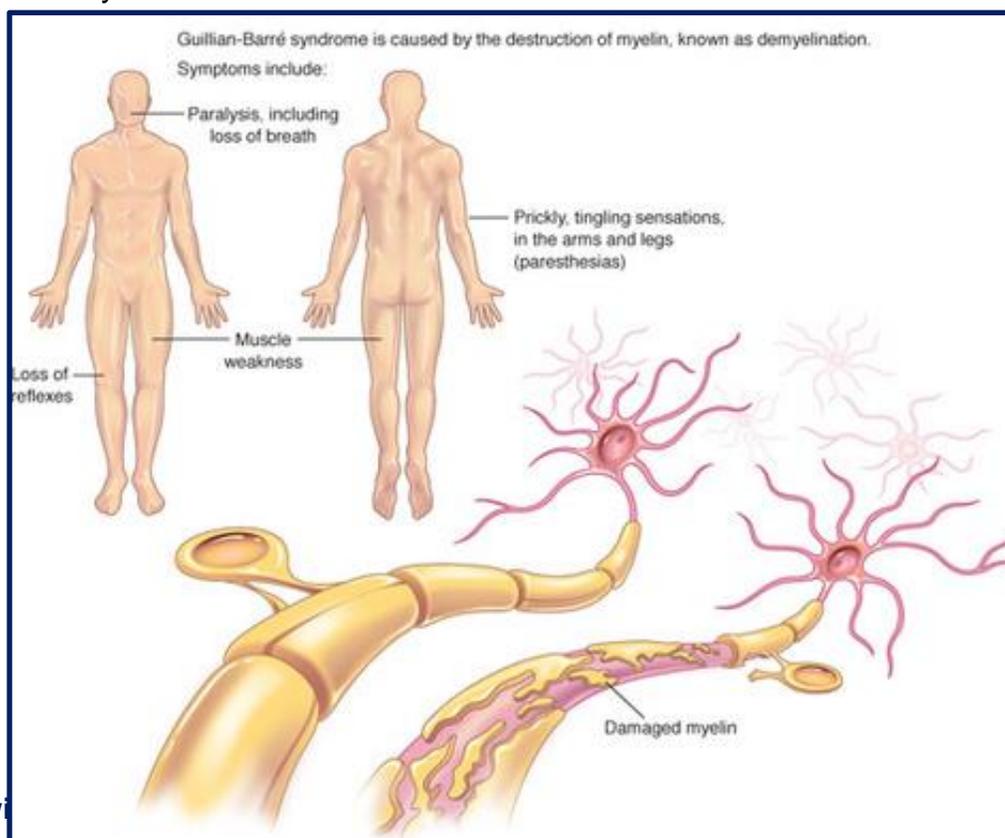
Zika Symptoms and Complications

As many as 4 out of 5 people who have Zika have no symptoms at all. In fact, they may never even know they were sick. For those who do experience symptoms, they are usually quite mild but may include fever, rash, headache, joint pain, conjunctivitis (red eyes), or muscle pain. Symptoms usually last from a few days to a week.

In very rare cases, Zika can lead to a serious medical condition called **Guillain-Barré syndrome**. Only one in every 4,000 people who is infected with Zika virus will then develop Guillain-Barré syndrome.

Guillain-Barré syndrome is characterized by weakness or paralysis that may last for months. For an unknown reason some viruses, including Zika, can sometimes trigger the body's own immune system to attack and damage the thin covering on your nerves. The covering is called myelin. In very rare cases it may be permanent.

Symptoms of Guillain-Barré syndrome include weakness, prickly or tingling sensations in arms and legs, and loss of reflexes. These may progress to paralysis and difficulty breathing. Talk to your healthcare provider immediately if you think you may have Guillain-Barré syndrome.





Guillain-Barré syndrome requires treatment in the hospital. It will take time before someone who develops Guillain-Barré syndrome to return to work. If you are diagnosed with Guillain-Barre' syndrome, your health care provider will talk to you about resources you may need to help you while you recover. For information about accessing disability services in NH, visit the [NH DHHS People with Disabilities Webpage](#).



CDC's Response to **Zika**

ZIKA CAN PASS THROUGH SEX



Has your partner been to an area with Zika?

If yes, use condoms every time you have sex.



Women:
Use condoms for at least 8 weeks.

Men:
Use condoms for at least 6 months.

This is very important if you are pregnant.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention