

## What You Need to Know About the Zika Virus

### What is Zika virus?

Zika virus disease is 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). Zika virus can be spread from a pregnant woman to her fetus and has been linked to a serious birth defect of the brain called microcephaly in babies of mothers who had Zika virus while pregnant.

*Source: CDC. (For more information, please visit [www.cdc.gov/zika](http://www.cdc.gov/zika))*

### How is Zika transmitted?

- *Mosquitoes*  
Zika virus is transmitted to people primarily through the bite of an infected Aedes species mosquito. These mosquitoes are aggressive daytime biters, but can also bite at night. Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.
- *From mother to child*  
A mother already infected with Zika virus near the time of delivery can pass on the virus to her newborn around the time of birth.
- *Through sexual contact*  
In known cases of likely sexual transmission, the men had Zika symptoms, but the virus can be transmitted before, during, and after symptoms develop.

*Source: CDC. (For more information, please visit [www.cdc.gov/zika](http://www.cdc.gov/zika))*

### Using a personal repellent to prevent mosquito bites

When picking an insect repellent, consider the length of time you'll be outside and the type of activity you're planning. Find a repellent appropriately labeled for that use (length of protection varies by the percentage of active ingredient). DEET-based products, in particular, are recommended by the National Institutes of Health for effective, long-lasting protection, and can be used by pregnant and breastfeeding women throughout pregnancy after checking with their physician. The American Academy of Pediatrics also recommends DEET repellents for kids and advises that 30 percent DEET concentrations or lower can be used on children ages 2 months and up<sup>1</sup>. Lemon Eucalyptus is the only natural active ingredient recommended by the Centers for Disease Control, but should not be used on children under the age of three years. Always follow product label instructions.

- Cutter® Lemon Eucalyptus Insect Repellent is derived from a renewable plant resource and is a proven effective natural repellent.
- Cutter® Skinsations® Insect Repellents offer fresh-smelling mosquito protection that doesn't feel greasy or oily.

*Source: CDC. (For more information, please visit [www.cdc.gov/zika](http://www.cdc.gov/zika))*

- Repel® Sportsmen Max Formula® Insect Repellents are designed for long-lasting mosquito protection in tough conditions. Not only is this formula available in liquid spray and aerosol forms, but is also available as a lotion that travels well in backpacks and gear.

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<sup>1</sup> [American Academy of Pediatrics](http://www.aapublications.org/)