

PREGNANT AND IN AN AREA WITH ZIKA?*

WARNING: ZIKA IS LINKED TO BIRTH DEFECTS



Protect Your Pregnancy

From getting Zika from mosquito bites



Protect Yourself from Bites Day and Night

Mosquitoes that spread Zika virus bite during the day and night.

Use Insect Repellent

It's safe and it works! Read the label and follow the directions.

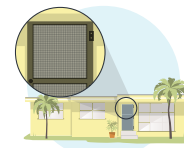


Cover Your Skin

Wear long-sleeved shirts and long pants.

Mosquito-Proof Your Home

Use screens on windows and doors. Use air conditioning when available. Eliminate standing water.



From getting Zika from sex



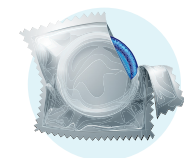
Don't have Sex

Don't have sex during your pregnancy.

OR

Use a Condom

Use a condom the right way every time you have vaginal, anal, or oral sex during your pregnancy.



Talk to your Healthcare Provider

If you think your partner may have or had Zika, tell your healthcare provider if you had sex without a condom.

There is No Vaccine to Prevent Zika Virus Infection

For more information: www.cdc.gov/chikungunya | www.cdc.gov/dengue | www.cdc.gov/zika

*Visit www.cdc.gov/zika/geo/index.html to see areas where Zika is spreading.



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