

# ZIKA PREGNANT?

Read this before you travel




## What we know about Zika

- Zika can be spread from a pregnant mother to her fetus during pregnancy.
- Infection during pregnancies may be linked to birth defects in babies.
- Zika is spread mostly by being bitten by an infected *Aedes* species mosquito.
  - These mosquitoes are aggressive daytime biters. They can also bite at night.
- To date, there has been no local transmission of Zika in the United States
- Because the mosquitoes that spread Zika are found throughout the tropics, outbreaks will likely continue.
- There is no vaccine to prevent or medicine to treat Zika.

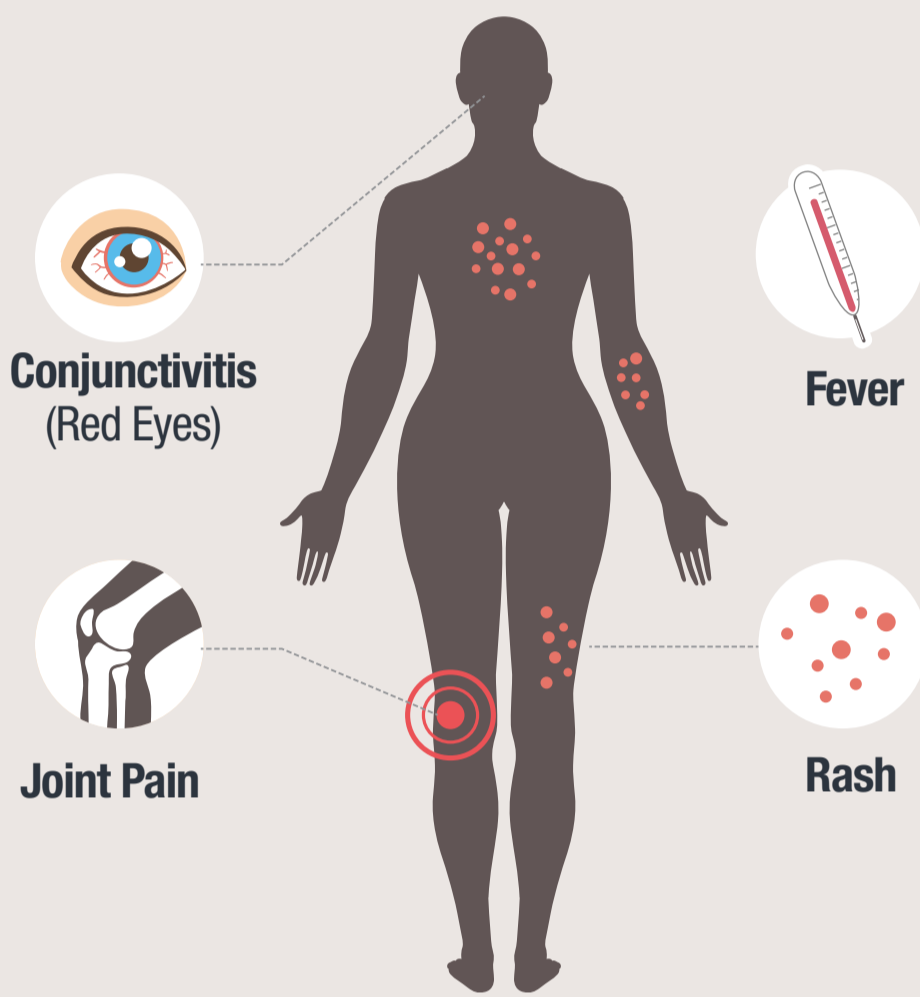
## What we don't know about Zika

- If there's a safe time during your pregnancy to travel to an area with Zika.
- If you are pregnant and become infected:
  - How likely you are to get Zika.
  - How likely it is that the virus will affect your pregnancy.
  - How likely it is your baby will have birth defects from the infection.

## Symptoms of Zika

 **4 out of 5 people won't have symptoms or even know they are infected with the virus.** The illness is usually mild with symptoms lasting for several days to a week.

### The most common symptoms of Zika are



## WARNING: Travel Notice

CDC has issued a travel notice (Level 2-Practice Enhanced Precautions) for people traveling to areas where Zika virus is spreading.

**For a current list of places with Zika virus, see CDC's Travel Health Notices:**

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

This notice follows reports in Brazil of microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant.



## Sexual transmission of Zika virus from a male partner is possible, so travelers should use condoms.

### Pregnant?

- Consider delaying travel to areas where Zika virus is spreading.
- If you must travel to these areas, talk to your doctor first
- Strictly follow steps to prevent mosquito bites during your trip.
- If you have a male partner who lives in or has traveled to an area with Zika, either abstain from sex or use condoms consistently and correctly during your pregnancy.



### Trying to become pregnant?

- Before you travel, talk to your doctor about your plans to become pregnant and the risk of getting Zika.
- Strictly follow steps to prevent mosquito bites during your trip.
- Consider using condoms consistently and correctly with male partners who live in or travel to areas with Zika.

*Before you travel, check the CDC travel website frequently for the most up-to-date recommendations.*

<http://wwwnc.cdc.gov/Travel>

## Your best protection Prevent mosquito bites

When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective even for pregnant and breastfeeding women.

- Wear long-sleeved shirts and long pants.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
  - Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
  - If treating items yourself, follow the product instructions carefully.
  - Do NOT use permethrin products directly on skin. They are intended to treat clothing.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
- Use EPA-registered insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.
  - Always follow the product label instructions.
  - Reapply insect repellent.
  - Do not spray repellent on the skin under clothing.
  - If you are also using sunscreen, apply sunscreen before applying insect repellent.



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

For more information:  
[www.cdc.gov/zika](http://www.cdc.gov/zika)