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.

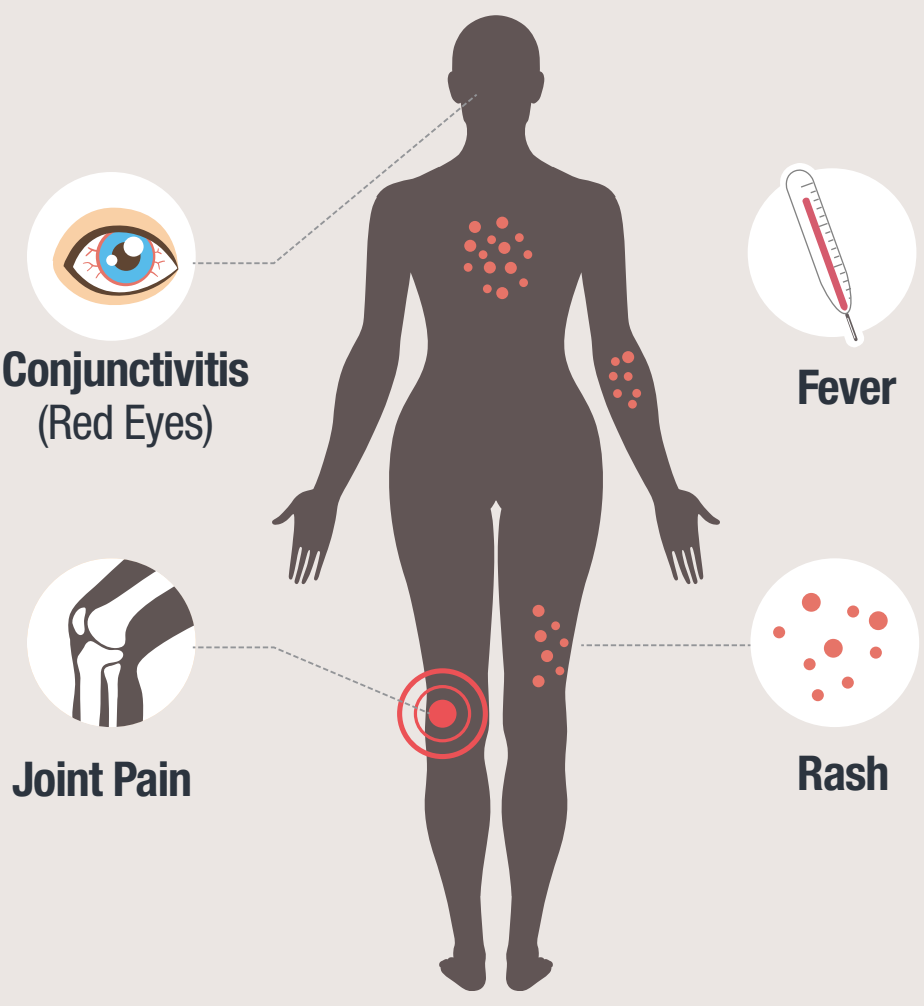
What we don't know about Zika

- 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

CS262417B
February 12, 2016