

# Pregnant and worried about Zika?



## Zika Prevention Kit for Pregnant Women

The products below can help protect you from Zika.  
Use these items to build your own Zika prevention kit.



### Bed net

- Keep mosquitoes out of your room day and night. If your room is not well screened, use this bed net when sleeping or resting.
- Mosquitoes can live indoors and will bite at any time, day or night.
- Please note, this netting may be insecticide-treated, see label, for added protection.



### Standing water treatment tabs

- Use standing water treatment tabs to kill larvae in standing water.
- Always follow instructions on the package.
- When used as directed, these tabs will not harm pets.



### Insect repellent

- Use only an EPA-registered insect repellent.
- Always follow the product label instructions.
- Reapply insect repellent as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.



### Permethrin spray

- Use permethrin to treat clothing and gear (boots, pants, socks, tents, and other fabrics).
- Always follow instructions on the bottle. Reapply as directed.
- Do not use permethrin products directly on skin.



### Condom

- Sexual transmission of Zika virus from a male partner is possible.
- If you have sex (vaginal, anal, or oral) with a male partner, you should use condoms the right way every time.
- Follow directions on the box.
- Condoms can also help prevent HIV and other sexually transmitted diseases.



### Thermometer

If you feel sick and think you may have Zika:

- Use the thermometer to find out if you have a fever.
- If you do have a fever and a rash, joint pain, or red eyes, talk to your doctor or nurse.

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