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.

Standing water treatment tabs

- Use water treatment tabs to kill larvae in standing water around your house. Do not put them in water you drink.
- Always follow directions on the package.
- When used as directed, these tabs will not harm you or your pets (dogs and cats).

Insect repellent

- Insect repellent will help keep mosquitoes from biting you.
- Use only an EPA-registered insect repellent.
- Always follow the directions on the bottle.
- 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

- Spray your clothing and gear with permethrin to help protect you from mosquito bites.
- Always follow the directions on the bottle. Reapply as directed.
- Do not spray permethrin on your skin.

Condom

- During sex, it is possible to get Zika virus from a man who has Zika
- 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.

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