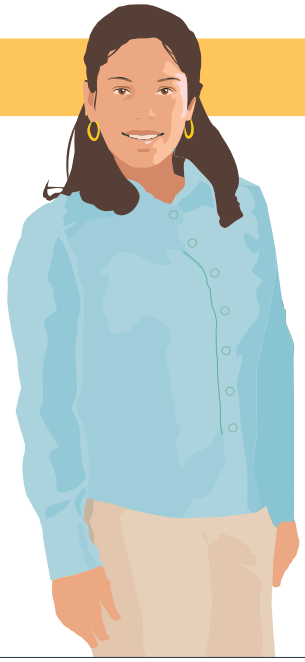
CDC's Response to **Zika**

THINKING ABOUT HAVING A BABY?

WARNING: ZIKA IS LINKED TO BIRTH DEFECTS



Plan Your Pregnancy

With the Zika outbreak, planning your pregnancy is more important than ever. There is no vaccine to prevent Zika virus infection.

If you are thinking about having a baby,

your doctor or other healthcare provider can help you plan for a healthy and safe pregnancy. Talk with your doctor about:

- Your plans for having children
- The potential risk of getting Zika during pregnancy
- Your partner's potential exposures to Zika

If you decide that now is not the right time for you to have a baby, work with your doctor or other healthcare provider to find a birth control method that is safe, effective, and works for you and your lifestyle.

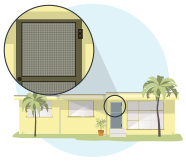
Protect yourselves from getting Zika from mosquito bites

Use insect repellent

- Protect yourself and your family from mosquito bites all day and night, whether you are inside or outside.
- Insect repellent is safe and it works! Read the label and follow the directions.

Cover your skin

- Wear long-sleeved shirts and long pants. For extra protection, treat clothing with permethrin.*



Mosquito-proof your home

- Use screens on windows and doors. Use air conditioning when available. Empty containers with standing water.

Once you're pregnant, protect yourself from getting Zika from sex

Use a condom

- Use a condom every time you have sex during your pregnancy. To be effective, condoms must be used correctly from start to finish, every time you have sex. This includes vaginal, anal, and oral sex.

OR

Don't have sex

- Don't have 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.

For more information: www.cdc.gov/zika

* In some places, such as Puerto Rico, there is widespread permethrin resistance, and it is likely to be ineffective. Contact local authorities or a mosquito control district for more information on pesticides.

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