

# PREGNANT?

# WARNING: ZIKA IS LINKED TO BIRTH DEFECTS



## Protect Your Pregnancy

### From getting Zika from mosquito bites



#### Daytime is Most Dangerous

Mosquitoes that spread Zika are aggressive daytime biters. They can also bite at night.



#### Use Insect Repellent

It's safe and it works! Read the label and follow the directions.

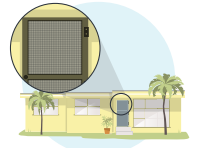


#### Cover Your Skin

Wear long-sleeved shirts and long pants.

#### Mosquito-Proof Your Home

Use screens on windows and doors. Use air conditioning when available. Eliminate standing water.



### From getting Zika from sex



#### Don't have Sex

Don't have sex during your pregnancy.

**OR**

#### Use a Condom

Use a condom the right way every time you have vaginal, anal, or oral 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.

### There is No Vaccine to Prevent Zika Virus Infection

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



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Centers for Disease Control and Prevention