CDC's Response to **Zika**

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

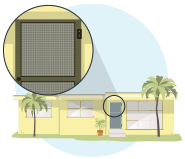
It's safe and it works! Read the label and follow the directions.

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 | www.cdc.gov/dengue | www.cdc.gov/zika

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Centers for Disease Control and Prevention

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