

# Prevention of Zika Virus Among Pregnant Women in Puerto Rico



Zika virus can cause microcephaly and other severe birth defects in babies born to mothers infected with Zika during pregnancy.



More than **3,000 pregnant women** had Zika infection in Puerto Rico in **2016**.



Pregnant women can get Zika from the bite of an infected mosquito OR from having sex without condoms with an infected partner.

## HOW TO PROTECT AGAINST ZIKA DURING PREGNANCY

### Prevent Mosquito Bites

- Use insect repellent
- Wear long-sleeved shirts and long pants
- Use window and door screens

### Prevent Passing Zika During Sex

- Use a condom from start to finish, every time during sex OR
- Don't have sex

In fall 2016, the Puerto Rico Department of Health and CDC conducted a survey of women who recently gave birth to a live infant. The survey, called PRAMS-ZPER, asked about the use of recommended measures to prevent Zika virus infection during pregnancy.

## PRAMS-ZPER SURVEY RESULTS\*

### Behaviors Reported During Pregnancy



**94%** were counseled about Zika during pregnancy



**9 in 10** women were somewhat or very worried about Zika



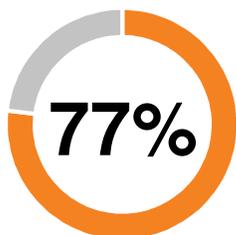
**5 in 10** women used mosquito repellent daily



**2 in 10** sexually active women used condoms every time during sex



**1 in 10** women wore long-sleeved shirts and long pants daily



**77%** were tested for Zika during pregnancy

## PUBLIC HEALTH ACTIONS TO PROTECT AGAINST ZIKA

- **Promote** use of protective measures by pregnant women
- **Assess** barriers pregnant women face in using protective measures
- **Develop** new ways to encourage use of measures by pregnant women

<https://www.cdc.gov/prams/>

