CDC’s Response to Zika

PREGNANT AND IN AN AREA WITH RISK OF ZIKA?*
WARNING: ZIKA IS LINKED TO BIRTH DEFECTS

Protect Your Pregnancy

From getting Zika from mosquito bites

Protect Yourself from Bites Day and Night
Mosquitoes that spread Zika virus bite during the day and 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, oral sex, or share sex toys during your pregnancy.

Talk to your Healthcare Provider

If you think you or your partner may have or had Zika, tell your healthcare provider.

There is No Vaccine to Prevent Zika Virus Infection
