

# **PREGNANT AND IN AN AREA WITH 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, 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)

\*Visit [www.cdc.gov/zika/geo/index.html](http://www.cdc.gov/zika/geo/index.html) to see areas where Zika is spreading.



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention