# Zika Prevention Kit for Pregnant Women

The products below can help protect you from Zika. Use these items to build your own Zika prevention kit.

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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| **Bed Net**                       | - Keep mosquitoes out of your room day and night. If your room is not well screened, use this bed net when sleeping or resting.  
- Mosquitoes can live indoors and will bite at any time, day or night. |
| **Insect Repellent**              | - Insect repellent will help keep mosquitoes from biting you.  
- Use only an EPA-registered insect repellent.  
- Always follow the directions on the bottle.  
- Do not spray repellent on the skin under clothing.  
- If you are also using sunscreen, apply sunscreen first and insect repellent second.  
- When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women. |
| **Condoms**                       | - During sex, it is possible to get Zika virus from a partner who has Zika. If you have sex during your pregnancy, you should use condoms the right way every time.  
- Not having sex eliminates the risk of getting Zika through sex. |
| **Standing Water Treatment Tabs**| - Use water treatment tabs to kill larvae in standing water around your house. Do not put them in water you drink.  
- Always follow directions on the package.  
- When used as directed, these tabs will not harm you or your pets (dogs and cats). |
| **Permethrin Spray**              | - Spray your clothing and gear with permethrin to help protect you from mosquito bites.  
- Always follow the directions on the bottle. Reapply as directed.  
- Do not spray permethrin on your skin. |