What we know about Zika
- Zika can be passed to a pregnant woman by her blood.
- Infection during pregnancy can cause certain birth defects.
- Zika is spread mostly by being bitten by an infected Aedes species mosquito. These mosquitoes are aggressive daytime biters. They can also bite at night.
- Because the mosquitoes that spread Zika are found in many tropical areas, outbreaks will likely continue.
- There is no vaccine to prevent or medicine to treat Zika.
- Zika can be passed through sex from a person who has Zika to his or her sex partners.

What we don’t know about Zika
- If there is a safe time during your pregnancy to travel to an area with Zika.
- If you are pregnant and become infected: How likely it is that Zika will pass to your fetus. Whether your baby will have birth defects.

Symptoms of Zika
Many people won’t have symptoms or even know they are infected with the virus. The illness is usually mild with symptoms lasting for several days to a week.

The most common symptoms of Zika are:
- Fever
- Rash
- Conjunctivitis (Red Eyes)
- Joint Pain

Travel Notice
CDC has issued a travel notice (Level 2-Practice Enhanced Precautions) for people traveling to areas where Zika virus is spreading.

For a current list of places with Zika, see CDC’s Travel Health Notices:

This notice follows reports in Brazil of microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant.

Zika can also be sexually transmitted from an infected person to his or her male or female partners, so travelers should use condoms.

Pregnant?
- Do not travel to areas with Zika.
- If you must travel, talk to your doctor first.
- Strictly follow steps to prevent mosquito bites during your trip.
- If you have a partner who lives in or has traveled to an area with Zika, use condoms the right way every time you have vaginal, oral, or anal sex, or do not have sex during the pregnancy.

Getting Ready to Become Pregnant?
- Before you travel, talk to your doctor about your plans to become pregnant and the risk of getting Zika.
- Strictly follow steps to prevent mosquito bites during your trip.
- Before you travel, check the CDC travel website frequently for the most up-to-date recommendations.

Your best protection
Prevent mosquito bites

When using an insect repellent, Environmental Protection Agency (EPA)-registered insect repellents are the most safe and effective way for pregnant and nonpregnant women.

- Wear long-sleeved shirts and pants.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
- Wear long-sleeved shirts and pants.
- Use EPA-registered insect repellents. All EPA-registered insect repellents are evaluated for effectiveness. Always follow the product label instructions.
- Reapply insect repellent.
- Do not spray repellent on the skin under clothing.
- Use a repellent with one of the following active ingredients: DEET, picaridin, IR3535 and oil of lemon eucalyptus or para-menthan-diol.

For more information:
www.cdc.gov/zika