

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.

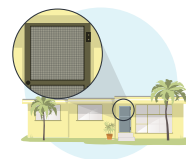


Cover Your Skin

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



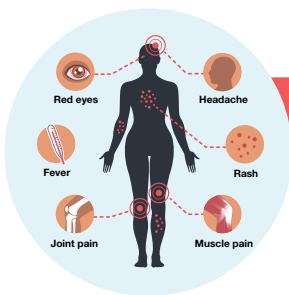
Don't have Sex

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

For more information: www.cdc.gov/chikungunya | www.cdc.gov/dengue | www.cdc.gov/zika

*Visit www.cdc.gov/zika/geo/index.html for more information on areas with risk of Zika.



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