

Pregnant? Here's what you need to know about Zika virus.



What is Zika virus?

- Zika virus is a sickness that mosquitoes spread. You can also get Zika virus from having unprotected sex with someone who has it.
- Zika virus can cause fever, rash, joint pain, or red and itchy eyes for a few days to a week. But many people who get it don't feel sick. There is no medicine to prevent or treat Zika virus.
- For most people, Zika virus is not serious. **But if you get Zika virus while you are pregnant, it may cause birth defects or serious health problems for your baby.**

Who can get Zika virus?

- Zika virus is only found in some parts of the world. Anyone who travels to these areas can get Zika virus. Lately, people have been getting Zika virus in some parts of Latin America and the Caribbean.



The purple areas show where people are getting Zika virus.

I'm pregnant. What can I do to avoid Zika virus?

- Do not go to a country where there is Zika virus. **Talk to your doctor if you are pregnant and have plans to travel.**
- If you went to a country where there is Zika virus, talk to your doctor about getting tested.
- If your partner recently went to a country where there is Zika virus, use condoms every time you have sex. Talk to your doctor about condoms if your partner has recently traveled.
- If you must go to a country where there is Zika virus, the best way to avoid Zika virus is to prevent mosquito bites. To prevent mosquito bites:
 - Wear pants and long sleeved shirts.
 - Stay in places with air conditioning. Close windows and doors to keep mosquitoes out.
 - Sleep under a mosquito bed net.
 - Use EPA-registered bug spray (insect repellent) like Off! or Cutter. Use bug spray often over your clothes.

Talk to your doctor if:

- you or your partner have plans to go to any of these areas
- you or your partner went to any of these areas since you have been pregnant

Talk to your doctor about Zika virus if you are pregnant or trying to get pregnant.



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