

PREGNANT? READ THIS BEFORE YOU TRAVEL



What we know about Zika

- Zika can be passed from a pregnant woman to her fetus.
- 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 throughout the tropics, 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.

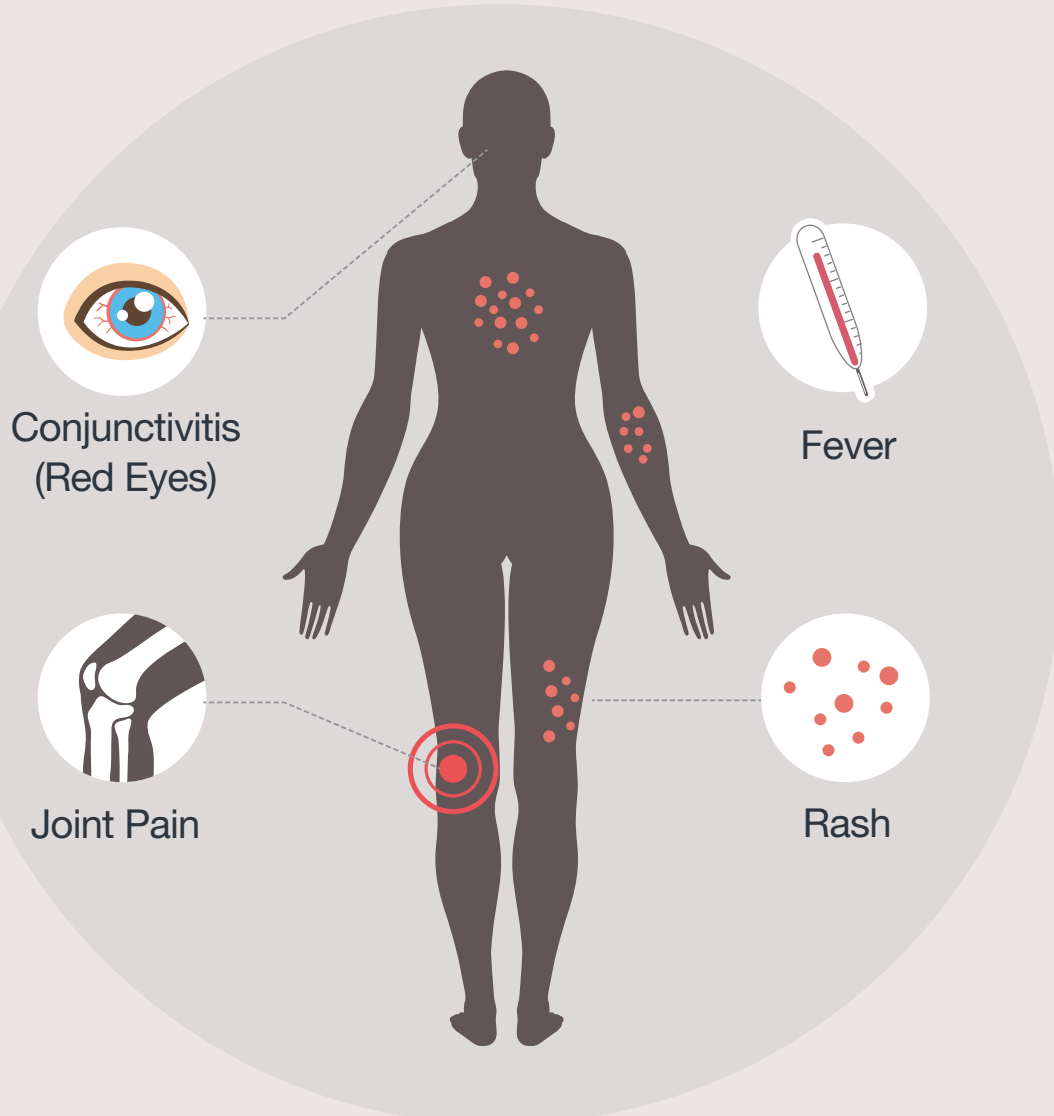
What we don't know about Zika

- If there's 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



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 virus, see CDC's Travel Health Notices:

<http://wwwnc.cdc.gov/travel/page/zika-travel-information>

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 to these areas, 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, either use condoms the right way every time you have vaginal, oral, or anal sex, or do not have sex during the pregnancy.



Trying 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.

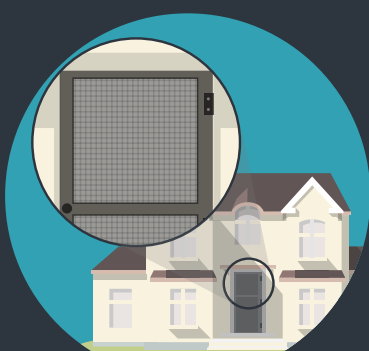
Before you travel, check the CDC travel website frequently for the most up-to-date recommendations. <http://wwwnc.cdc.gov/Travel>

Your best protection Prevent mosquito bites

When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective even for pregnant and breastfeeding women.



- Wear long-sleeved shirts and long pants.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
 - Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
 - If treating items yourself, follow the product instructions carefully.
 - Do NOT use permethrin products directly on skin. They are intended to treat clothing.



- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.



- 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.