

Pregnant, or Might Become Pregnant?

Protect yourself from Zika Virus!



Zika Virus causes serious birth defects and is spread through mosquito bites and during sex.

Protect yourself from mosquito bites:

- Use insect repellent with DEET, Picaridin, IR3535 or oil of lemon eucalyptus.
- Wear long-sleeved shirts and long pants and treat clothing with permethrin for extra protection.
- Remember that mosquitoes bite during the day and at night.
- Mosquito-proof your home by using window and door screens and air conditioning.
- Remove standing water around your home to keep mosquitoes from laying eggs nearby.

If you travel to the Caribbean, Central or South America, or the Pacific Islands, continue to protect yourself from mosquito bites for at least 21 days after returning home.

If you are pregnant, or might become pregnant, please consider postponing your travel to these areas where Zika is being actively transmitted. Travel notices are updated regularly. For the latest travel notices, go to www.cdc.gov/travel

Protect yourself during sex:

- A man infected with Zika can infect his partner(s) through sex, even if he has no symptoms and does not know he is infected.
- Take precautions and talk to a healthcare provider if your male sex partner has been in an area with Zika and you have concerns about sexual transmission.

If a male sex partner has been diagnosed with Zika or has experienced symptoms, a couple should use **condoms or not have sex for at least 6 months after the symptoms begin.**

If the male partner does not develop symptoms, the couple **should use condoms or not have sex for at least 8 weeks after the man returns** from an area with high rates of Zika transmission.

If a male partner of a pregnant woman has traveled to these areas, **the couple should use condoms or not have sex for the duration of the pregnancy.**