

Are You Pregnant?
Here's what you can do to protect yourself if you don't currently live in an area with Zika

Avoid travel to an area with Zika

- Until we know more, CDC recommends special precautions for pregnant women. Women who are pregnant should not travel to any area where Zika virus is spreading. (www.nnc.cdc.gov/travel/page/zika-travel-information)
- If you must travel to one of these areas, talk to your healthcare provider first and strictly follow steps to prevent mosquito bites during your trip. (www.nnc.cdc.gov/travel/page/avoid-bug-bites)

Take steps to prevent mosquito bites

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women. (www.epa.gov/insect-repellents/finnd-insect-repellent-right-you)
- Remove or stay away from mosquito breeding sites, like containers with standing water.

Take steps to prevent getting Zika through sex

- (www.cdc.gov/zika/transmission/sexual-transmission)
- Until more is known, pregnant women with male sex partners who have lived in or traveled to an area with Zika virus should either use condoms the right way, every time, for vaginal, anal, or oral (mouth-to-penis) sex or not have sex during pregnancy. (www.cdc.gov/condomeffectiveness/brief)
- If a pregnant woman is concerned that her male partner may have or had Zika virus infection, she should talk to her healthcare provider. She should tell her healthcare provider about her male partner's travel history, including how long he stayed, whether or not he took steps to prevent getting mosquito bites, and if she had sex with him without a condom since his return.
- Women trying to get pregnant and their male partners should talk to their healthcare provider before traveling to areas with Zika. Because sexual transmission is possible, both men and women should strictly follow steps to prevent mosquito bites during the trip. (www.nnc.cdc.gov/travel/page/zika-travel-information) (www.nnc.cdc.gov/travel/page/avoid-bug-bites)

See a healthcare provider

- Pregnant women who have recently traveled to an area with Zika should talk to a healthcare provider about their travel even if they don't feel sick.

- It is especially important that pregnant women see a doctor if they develop a fever, rash, joint pain, or red eyes during their trip or within 2 weeks after traveling to an area where Zika has been reported. They should tell the doctor where they traveled.
- CDC has guidance to help doctors decide if pregnant women who may have been exposed to Zika virus should see a doctor. (www.cdc.gov/mmwr/volumes/65/wr/mm6505)

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See a healthcare provider

- You are at risk of getting Zika throughout your pregnancy. Your healthcare providers can offer testing at the first test in the first trimester and a second test in the second trimester.
- If you have symptoms of Zika (fever, rash, joint pain, or red eyes) during your pregnancy, you should see your healthcare provider. Your healthcare provider may also test for other similar diseases, such as chikungunya.
- CDC has guidance to help doctors decide if pregnant women who have been exposed to Zika virus should see a doctor. (www.cdc.gov/mmwr/volumes/65/wr/mm6505)

There is no vaccine or medicine for Zika. The best way to prevent mosquito bites.

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Take steps to prevent getting Zika through sex

- (www.cdc.gov/zika/transmission/sexual-transmission)
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Zika

How to Protect Yourself



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