Pregnant?

Warning: Zika is linked to birth defects

There is no vaccine to prevent Zika virus infection

Protect your pregnancy

From getting Zika from mosquito bites

Daytime is most dangerous

Mosquitoes that spread Zika are aggressive daytime biters. They can also bite at 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. For extra protection, treat clothing with permethrin.

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 with your male partner during your pregnancy.

OR

Use a condom

Use a condom the right way every time you have vaginal, anal, or oral sex during your pregnancy.

Talk to your healthcare provider

If you think your male partner may have or had Zika, tell your healthcare provider if you had sex without a condom.

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

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

Harris County Public Health
Building a Healthy Community

Mosquito Control Division
Phone: (713) 440-4800
www.hcphtx.org/mc

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