CDC's Response to **Zika**

PREGNANT? Read this before you travel

What we know about Zika

- Zika can be passed from a pregnant woman to her fetus.
- Zika infection during pregnancy can cause certain birth defects.
- Zika is spread mostly by the bite of an infected *Aedes* species mosquito.
  - » These mosquitoes are aggressive daytime biters. They can also bite at night.
- There is no vaccine to prevent or medicine to treat Zika.
- Zika can be spread by a person infected with Zika to sex partners.

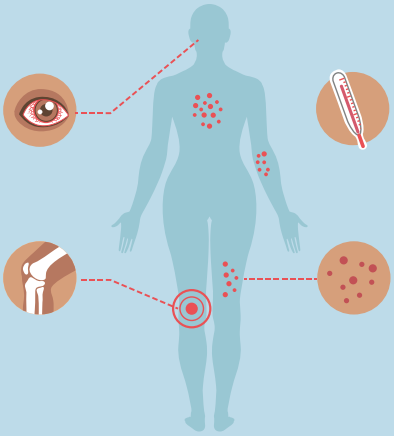
What we don't know about Zika

- If there's a safe time during your pregnancy to travel to an area with Zika.
- If you do travel and are infected, how likely it is that the virus will infect your fetus and if your baby will have birth defects from the infection.

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 outbreaks, see CDC's Travel Health Notices: http://wwwnc.cdc.gov/travel/page/zika-travel-information
- This notice follows reports in Brazil of microcephaly in babies of mothers who were infected with Zika virus while pregnant.



Symptoms of Zika

Many people with Zika won't even know they have it. The illness is usually mild with symptoms lasting for several days to a week.

The most common symptoms of Zika are:

- Fever
- Rash
- Joint Pain
- Conjunctivitis (red eyes)

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

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Harris County Public Health
Building a Healthy Community

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

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CDC recommends special precautions for pregnant women and women trying to become pregnant

Pregnant?

Delay travel to areas with Zika.

Pregnant women and their sex partners should strictly follow steps to prevent mosquito bites.

If you have a sex partner who lives in or travels to an area with Zika, you should use condoms the right way every time you have sex, or do not have sex during the pregnancy.

If you develop the symptoms of Zika, see a healthcare provider right away for testing.

Trying to become pregnant?

Women trying to become pregnant and their male partners should strictly follow steps to prevent mosquito bites.

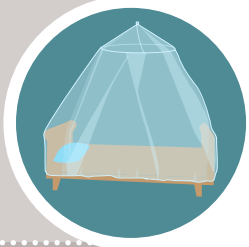
Talk to your healthcare provider about plans to become pregnant.

Your Best Protection: Prevent Mosquito Bites

Clothing

- 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.

Indoor Protection



- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.

Repellent

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

- Always follow the product label instructions.
- Reapply as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen before applying insect repellent.
- Use a repellent with one of the following active ingredients: DEET, picaridin, IR3535, and oil of lemon eucalyptus or para-menthan-diol.