CDC's Response to **Zika**

PREGNANT AND LIVING IN AN AREA WITH ZIKA?

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 *(Ae. aegypti and Ae. albopictus)* mosquito.
  - » Protect yourself and family from mosquito bites all day and night, whether you are inside or outside.
- 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 partners.

What we don't know about Zika

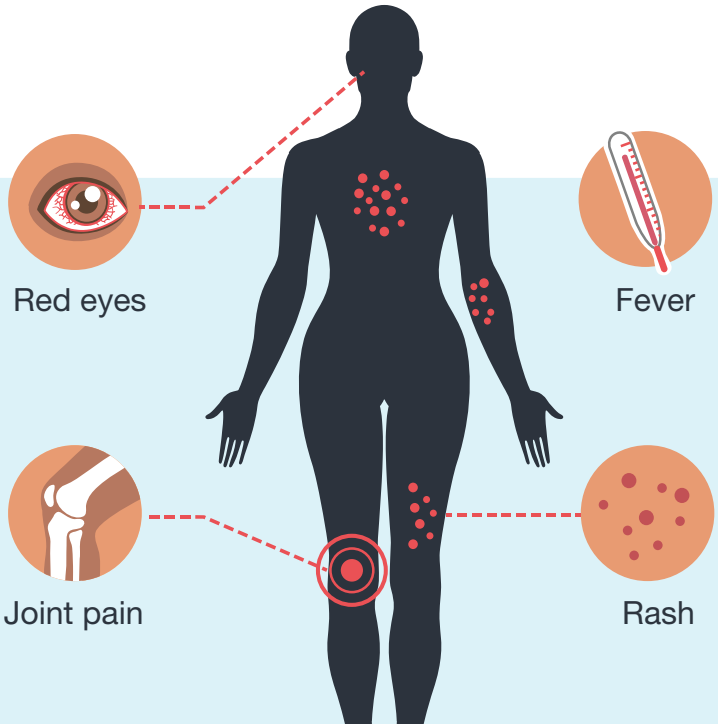
- When during pregnancy Zika might cause harm to the fetus.
- How likely it is that Zika infection will affect your pregnancy.
- If your baby will develop birth defects from the infection.

Symptoms of Zika

Most 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
- Red eyes



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Building a Healthy Community

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Centers for Disease Control and Prevention

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

Pregnant?

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

Either use condoms the right way every time you have sex during your pregnancy, or do not have sex.

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

Pregnant women who live in or frequently travel to an area with Zika and do not have symptoms should be tested in the first and second trimester of pregnancy.

Trying to become pregnant?

Women trying to become pregnant and their 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.

www.cdc.gov/zika