ZIKA PREGNANT? Read this before you travel

What we know about Zika

• Zika can be spread from a pregnant mother to her baby during pregnancy.
• Infection during pregnancy may be linked to birth defects in babies.
• Zika is spread mostly by being bitten by an infected Aedes species mosquito. These mosquitoes are aggressive daytime biters. They can also bite at night.
• To date, there has been no local transmission of Zika in the United States.
• Because the mosquitoes that spread Zika are found throughout the tropics, outbreaks will likely continue.
• There is no vaccine to prevent or medicine to treat Zika.

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 are pregnant and become infected:
  Ṽ How likely you are to get Zika.
  Ṽ How likely it is that the virus will infect your baby.
  Ṽ How likely is it that the baby will develop birth defects from the infection.

Symptoms of Zika

4 out of 5 people won’t have symptoms or even know they are infected with the virus. This illness is usually mild with symptoms lasting for several days to a week.

The most common symptoms of Zika are

- Conjunctivitis (Red Eyes)
- Joint Pain
- Fever
- Rash
- Malaise

WARNING: Travel Notice

CDC has issued a travel notice Level 2-Practice Enhanced Precautions for people travelling to areas where Zika virus is spreading.

For a current list of places with Zika virus, see CDC’s Travel Health Notices:

This notice follows reports in Brazil of microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant.

Sexual transmission of Zika virus from a male partner is possible, so travelers should use condoms.

Pregnant?

• Consider delaying travel to areas where Zika virus is spreading.
• If you must travel to these areas, talk to your doctor first.
• Strictly follow steps to prevent mosquito bites during your trip.
• If you have a male partner who lives in or has traveled to an area with Zika, either abstain from sex or use condoms consistently and correctly during your pregnancy.

Trying to become pregnant?

• Before you travel, talk to your doctor about your plans to become pregnant and the risk of getting Zika.
• Strictly follow steps to prevent mosquito bites during your trip.
• Consider using condoms, particularly if you are traveling to areas in which male partners live or you would like to avoid infection.

Before you return from the trip, check the CDC Travel website frequently for the most up-to-date recommendations.

Your best protection Prevent mosquito bites

When listed as elective, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective for use during and before breeding season.

• Wear long-sleeved shirts and long pants.
• Treat clothing and gear with permethrin or purchase permethrin-treated items.
  Ṽ Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
• Use EPA-registered insect repellents. Always follow the product label instructions.
• If you are using sunscreen, apply sunscreen before applying insect repellent.

For more information:
www.cdc.gov/zika