

# ZIKA ALERT

## for PREGNANT WOMEN

Zika can be passed from a pregnant woman to her fetus and can cause certain birth defects.

Follow these simple steps to **PROTECT** you and your loved ones:



**AVOID** travel to any area where Zika virus is spreading.



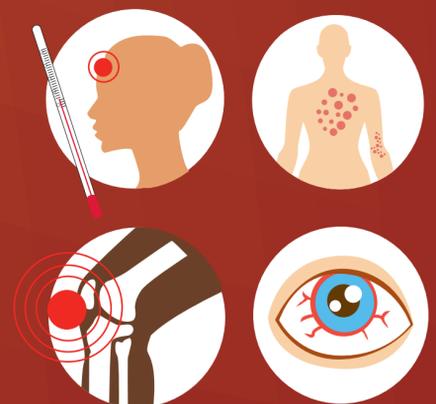
If you must travel to a Zika-affected area, talk to your health care provider first and strictly follow necessary steps to prevent mosquito bites during your trip:

- Use insect repellent products containing DEET;
- Wear long-sleeved blouses and long pants;
- Stay in air conditioned or screened-in rooms;
- Use mosquito netting if sleeping outdoors;
- Remove or stay away from mosquito breeding sites, like containers with standing water; and
- Use permethrin-treated gear and clothing.



If you recently traveled to a Zika-affected area, talk to your health care provider after returning home even if you don't feel sick.

See a health care provider immediately for testing if you develop the symptoms of Zika (i.e., fever, rash, joint pain, pink eye) during your trip or within two weeks after traveling to a Zika-affected area.



Use condoms consistently and correctly for the duration of your pregnancy if you have a male partner who lives in or has traveled to a Zika-affected area, even if your partner has tested negative for the Zika virus.