



# Pregnant?

**Warning:** Zika can cause certain 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](http://www.cdc.gov/chikungunya)

[www.cdc.gov/dengue](http://www.cdc.gov/dengue)

[www.cdc.gov/zika](http://www.cdc.gov/zika)



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



# Pregnant?

**Warning:** Zika can cause microcephaly and other severe brain defects  
**There is no vaccine to prevent Zika virus infection**



# Protect yourself from mosquito bites



## Daytime is most dangerous

Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.



## Use insect repellent

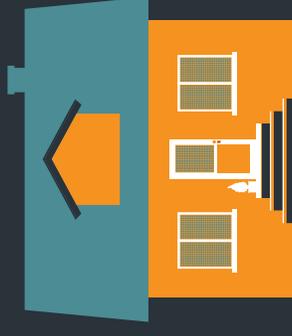
### It works!

- Look for the following active ingredients:
  - DEET • PICARIDIN • IR3535
  - OIL of LEMON EUCALYPTUS
  - PARA-MENTHANE-DIOL



## Wear protective clothes

Wear long-sleeved shirts and long pants and use insect repellent. For extra protection, treat clothing with permethrin.



## Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs near standing water.

For more information:

[www.cdc.gov/chikungunya](http://www.cdc.gov/chikungunya) • [www.cdc.gov/dengue](http://www.cdc.gov/dengue) • [www.cdc.gov/zika](http://www.cdc.gov/zika)



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