

ZIKA VIRUS INFECTION AND PREGNANCY

* CDC TRAVEL ALERT FOR PEOPLE TRAVELING TO AREAS WHERE ZIKA VIRUS IS SPREADING

CDC RECOMMENDS SPECIAL PRECAUTIONS FOR PREGNANT WOMEN AND WOMEN TRYING TO BECOME PREGNANT

Pregnant women in any trimester should consider postponing travel to areas where Zika virus is spreading. Pregnant women who do travel to one of these areas should talk to their doctor first and strictly follow steps to **avoid mosquito bites** during the trip. Women whose partner has traveled to an area where Zika is present should abstain from sex, or correctly and consistently use condoms for all sex acts, throughout the remainder of the pregnancy.

How is Zika spread?

Zika is mostly spread through the bite of infected mosquitoes. It can also spread from a pregnant mother to her baby during pregnancy or around the time of birth. There have also been reports of sexual transmission.

I am pregnant. How will Zika virus affect me or my unborn baby?

There have been reports of a severe birth defect called microcephaly (abnormally small head and a brain that is not fully developed) born to mothers who were infected with Zika virus during pregnancy. More studies are planned to better understand exactly what problems might happen as a result of Zika virus.

Is it safe to use insect repellent if I am pregnant?

Many insect repellents are safe for pregnant women and children to use, but be sure to check the product label for any warnings and follow the instructions closely.

See your doctor if you are pregnant and have traveled, or plan to travel, to an area where Zika is present.