Travel Warning: Zika and Pregnancy

- Zika ***may cause birth defects***. Pregnant women, women who might be pregnant soon, and their male sex partners should avoid the virus.
- People usually get Zika through a mosquito bite—but not a bite from *any* mosquito.
- Zika is affecting **parts of Central and South America, Mexico, the Caribbean and other places listed by the Centers for Disease Control and Prevention**. The type of mosquito linked to the current outbreak, called *Aedes aegypti*, lives in these places.

Tell your health care provider *today*

if you traveled or plan to travel to these areas. If possible, postpone travel to a Zika-affected area until health experts say it's safe.

If you're pregnant and your male sex partner visited an affected area, plan together to abstain from sexual activity or use condoms correctly every time you have vaginal, anal and/or oral sex *for the duration of your pregnancy.*

Visit **nyc.gov/health** and search **zika** for more information and where to find free condoms.

Find the latest Zika-affected locations at **cdc.gov/zika**.

NYC Health