



TRAVEL WARNING:

ZIKA & PREGNANCY



If you're pregnant, or you might be pregnant soon, read the health tips below.

Learn about Zika virus

- ✦ Zika causes birth defects.
- ✦ People usually get Zika through a mosquito bite — but only certain kinds of mosquitoes (*Aedes* mosquitoes) can spread the virus.
- ✦ Zika can also spread through sexual contact and blood contact (i.e. blood transfusions, sharing injection equipment, etc.).
- ✦ Most people with Zika (80%) have no symptoms and may not know they are infected.
- ✦ 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. Find the latest Zika-affected locations at cdc.gov/zika. There is **NO** Zika vaccine and no medicine that treats Zika.

Do not travel to a Zika-affected area while pregnant or trying to conceive

- ✦ **If it's not possible to delay travel**, talk to a health care provider first. Use insect repellent containing DEET, picaridin or oil of lemon eucalyptus. Make sure the repellent is approved by the EPA, and follow the directions on the label. Insect repellent is safe for pregnant women. Apply sunscreen first, then repellent. Wear long sleeves and pants. Wear clothing treated with permethrin (a chemical that repels insects). Use a mosquito bed net if you cannot keep mosquitoes out of your residence.
- ✦ **If you are pregnant and did travel to a Zika-affected area**, contact your health care provider to discuss Zika testing.

While pregnant, **DO NOT** have unprotected* sex with anyone who has or might have Zika

- ✦ Plan together to abstain from sexual activity or use condoms (or other barrier protection*) correctly every time you have vaginal, anal and/or oral sex for the duration of your pregnancy.
- ✦ **If you're pregnant and had unprotected* vaginal, anal or oral sex with a person who has or might have Zika**, contact your health care provider to discuss Zika testing.

If you want to be pregnant, and you or a person you have sex with might have Zika, health experts recommend waiting before trying to conceive. Find specific guidance at the link below.

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

NYC
Health

*"Unprotected" means sex without barrier protection, like male condoms, female condoms and/or dental dams.