

ZIKA + PREGNANCY

WHAT CALIFORNIANS NEED TO KNOW



- Zika is a virus mainly spread by mosquitoes.
- Zika can be sexually transmitted by someone who has been to areas with Zika.
- Zika can be passed from a pregnant woman to her unborn baby, which can cause miscarriage, stillbirth and severe birth defects.
- There is no specific medicine or vaccine for the Zika virus.

TRAVEL FOR WORK, VISITING FAMILY OR VACATION



- Pregnant? Don't go to areas with Zika.
- Must travel? Talk to your doctor and follow steps to prevent mosquito bites during your trip.
- If you are pregnant and were recently in an area with Zika, see your doctor for Zika testing.
- Is your partner back from an area with Zika? Either don't have sex or practice safer sex by using condoms (male or female) and dental dams during all types of sex (vaginal, anal and oral).

PREVENTING MOSQUITO BITES



- Wear long-sleeved shirts and long pants.
- Keep mosquitoes outside by using window and door screens. Drain standing water and throw away containers where mosquitoes can lay eggs.
- Use EPA-registered insect repellents. They are safe for pregnant and breastfeeding women – just follow the label instructions.
- Visit this site for a list of safe insect repellent ingredients: www.epa.gov/insect-repellents

ZIKA TESTING



- If you are pregnant and you or your partner have been to an area with Zika, talk to your doctor about testing.
- If you often go to areas with Zika, you may need testing more than once.
- Zika isn't known to affect future pregnancies. Talk to your doctor about your family plan.

LEARN MORE



LEARN MORE AT:
www.cdph.ca.gov/Zika

WHERE IN THE WORLD IS ZIKA?
www.cdc.gov/zika/geo