

# ZIKA & Pregnancy

## Californians need to know



- Only specific infected mosquitoes spread Zika.
- Zika is not spreading in California right now.
- There is no vaccine to prevent or medicine to treat Zika.
- Zika can be sexually transmitted by someone who has traveled to areas with Zika.
- An infected mother can give her unborn baby Zika, which may cause birth defects in babies.

## Travel & pregnancy

- Pregnant? Think about waiting to travel to areas with Zika.
- Traveling? Talk to your doctor first and follow steps to prevent mosquito bites during your trip.
- If you traveled and have Zika symptoms – fever, rash, joint pain, red eyes – see your doctor right away.
- Is your partner back from traveling in a Zika area? Always use condoms during sex.



## 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 in your yard.
- 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](http://www.epa.gov/insect-repellents)

## Planning pregnancy?

- If you are thinking about getting pregnant, both you and your partner should talk to your doctor about the risk of traveling to areas with Zika virus.
- If you or your partner traveled to an area where Zika virus is spreading, talk to your doctor before getting pregnant.
- Stay informed about where Zika is spreading – these areas change. Visit this site for a map: [www.cdc.gov/zika/geo/americas.html](http://www.cdc.gov/zika/geo/americas.html)



## Learn more

Visit [www.cdph.ca.gov](http://www.cdph.ca.gov) and search “Zika”

#TalkZIKA

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