## Zika Virus

### Protect Yourself

**There are risks to your fetus if you are pregnant and get Zika virus.**

Zika can cause serious birth defects, including microcephaly and other brain abnormalities. Microcephaly can lead to lifelong problems, such as seizures, feeding problems, hearing loss, vision problems, and learning difficulties.

**There is no vaccine at this time. Avoiding infection is best.**

### The Zika virus spreads to humans in the following ways:

- Through a bite by an infected mosquito
- From a pregnant woman to her fetus during pregnancy or around the time of birth
- During sex

### Symptoms of Zika virus infection:

- Symptoms usually are mild.
- Symptoms include fever; rash; joint pain; and red, itchy eyes.
- Many people with Zika virus infection do not have any symptoms.

### If you want to get pregnant...

- **Talk to your health care professional about**
  - your pregnancy plans
  - the risks of Zika virus infection during pregnancy
  - your male sex partner’s risk of being exposed to Zika virus
- **Take strict steps to avoid mosquito bites.**

### If you are pregnant...

- **Take strict steps to avoid mosquito bites.**
- **Use a condom each time you have sex if your partner lives in or travels to an area where Zika virus is spreading.**
- **Don’t travel to areas where Zika virus is spreading.**
- **See your health care professional to discuss testing if**
  - you or your sexual partner have traveled or live in an area where Zika is present or
  - you or your sexual partner have symptoms of Zika virus infection.

### Mosquito Bite Prevention

If you must travel to one of the areas where Zika virus is spreading, strictly follow these four steps to prevent mosquito bites:

1. **Use EPA-registered bug spray with DEET, picaridin, IR3535, oil of lemon eucalyptus, permethrin-diol, or 2-undecanone. Used as directed, these sprays are safe for pregnant and breastfeeding women.**
2. **Wear long-sleeved shirts and long pants.**
3. **Treat clothing and gear with permethrin or buy permethrin-treated items.**
4. **Stay in air-conditioned or screened-in areas during the day and at night.**

Follow these steps at all times. Mosquitoes are active during the day and night.

The following web sites give the latest information about Zika virus:

- [www.acog.org/zika](http://www.acog.org/zika)
- [www.immunizationforwomen.org/zika](http://www.immunizationforwomen.org/zika)