

Zika and Pregnancy

What you need to know about Zika

- Zika can be passed from a pregnant woman to her baby.
- Infection with Zika during pregnancy can cause serious birth defects.
- Zika is spread mostly by the bite of an infected mosquito. These mosquitoes bite during the day and at night.
- You can get Zika if you travel to an area where there are infected mosquitoes like Puerto Rico and many countries in Central and South America and the Caribbean. Check www.cdc.gov/zika for a current list of areas with outbreaks.
- Zika can be spread by an infected man to his sex partners.



Symptoms of Zika

Most people with Zika won't know they have it. The illness is usually mild with symptoms lasting several days to a week.

The most common symptoms are:

- Fever
- Rash
- Joint Pain
- Red Eyes

If you or your male partner have traveled to an area with Zika and you develop symptoms, see your doctor right away.

If you're pregnant or want to become pregnant

- Do not travel to areas with Zika— check www.cdc.gov/zika to see where Zika is currently.
- If your male **partner** travels to an area with Zika:
 - Use a **condom** from start to finish every time you have sex (vaginal, oral, or anal) or **do not have sex at all** during your pregnancy.
 - If you are not pregnant, you should use a condom for the first 8 weeks after he returns (or for 6 months if he ever showed symptoms of Zika).
- If you do travel, tell your healthcare provider and follow steps to prevent mosquito bites (see back of this page).



How to Prevent Mosquito Bites



Wear Protective Clothing

- Wear light weight, long-sleeved shirts and pants.
- Treat clothing with permethrin.
- Permethrin is an insecticide that kills mosquitoes and other insects.
- Follow product instructions closely.
- Do not use permethrin directly on skin.



Protect Babies and Children

- Cover stroller and baby carrier with mosquito netting when outside.
- Do not use products containing oil of lemon, eucalyptus or para-menthanediol on children younger than 3 years old.
- Always follow instructions when applying insect repellent to children. Do not use insect repellents on babies younger than 2 months old.



Use Insect Repellent

- Wear mosquito repellent when you are outdoors.
- Use safe and effective repellents- www.epa.gov/insect-repellents.
- It is safe to use insect repellent during pregnancy.
- Always follow the label instructions.
- Do not spray on skin under clothing.
- If you use sunscreen, put sunscreen on first and insect repellent second.

Protect Yourself Indoors

- Put screens in windows and repair any holes in existing screens. Stay in places with air conditioning if possible.
- Use a bed net if you sleep outdoors or windows do not have a screen.

Help Keep Zika Out of Baltimore

Mosquitoes lay eggs in and near standing water that can be found in everyday objects:

- Buckets
- Old tires
- Birdbaths and outdoor ponds
- Trash containers, and recycling bins
- Roof gutters
- Toys
- Trash
- Coolers

To make sure these objects do not become breeding sites for mosquitoes:

- Remove them or put them inside
- Cover them
- Empty once a week
- Treat with larvicide tablets (available in hardware stores)

Check www.cdc.gov/zika for updates

Updated 4/16

Follow us on the web at: www.health.baltimorecity.gov/zika-virus



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