

Zika and Pregnancy

What you need to know about the Zika virus:

- The Zika virus can be passed from a pregnant woman to her baby.
- Infection with Zika during pregnancy can cause serious birth defects.
- Zika is a disease spread mostly by the bite of an infected *Aedes* species 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, the Caribbean, and many countries in Central and South America. Check www.cdc.gov/zika for a current list of areas with outbreaks.
- Zika can be spread by an infected person to their 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 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 – go to www.cdc.gov/zika to learn more.
- If your **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, use a condom for the first 8 weeks after your partner returns, or for 6 months if he is male and ever showed symptoms of Zika.
- If you must travel, tell your healthcare provider and follow steps to prevent mosquito bites (on reverse 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.
- 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 repellants - 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.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.

Help Keep Zika Out of Baltimore

Mosquitoes lay eggs in and near standing water found in:

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

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

If you see standing water in your neighborhood, eliminate if possible or call 311 to report it.

Check
health.baltimorecity.gov/zika-virus
and
www.cdc.gov/zika
for updates