

# 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](http://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 – go to [www.cdc.gov/zika](http://www.cdc.gov/zika) to learn more.
- 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 must 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.
- 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](http://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
- Old tires
- Toys
- Birdbaths and outdoor ponds
- Roof gutters
- Coolers
- Trash

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](http://health.baltimorecity.gov/zika-virus)  
**and**  
[www.cdc.gov/zika](http://www.cdc.gov/zika)  
**for updates**