



# Pregnant?

**Warning:** Zika can cause certain birth defects  
**There is no vaccine to prevent Zika virus infection**

## Protect your pregnancy

### From getting Zika from mosquito bites



#### Daytime is most dangerous

Mosquitoes that spread Zika are aggressive daytime biters. They can also bite at night.

#### Use insect repellent

**It's safe and it works!** Read the label and follow the directions.



#### Cover your skin

Wear long-sleeved shirts and long pants. For extra protection, treat clothing with permethrin.

#### Mosquito-proof your home

Use screens on windows and doors.  
Use air conditioning when available.  
Eliminate standing water.



### From getting Zika from sex



#### Don't have sex

Don't have sex with your male partner during your pregnancy.

**OR**

#### Use a condom

Use a condom the right way every time you have vaginal, anal, or oral sex during your pregnancy.



#### Talk to your healthcare provider

If you think your male partner may have or had Zika, tell your healthcare provider if you had sex without a condom.

**For more information:**  
[www.cdc.gov/chikungunya](http://www.cdc.gov/chikungunya)  
[www.cdc.gov/dengue](http://www.cdc.gov/dengue)  
[www.cdc.gov/zika](http://www.cdc.gov/zika)



**U.S. Department of  
Health and Human Services**  
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