



PREGNANT WOMEN & ZIKA

- Pregnant women should **avoid travel** to any area where Zika virus is spreading. See updated map at www.cdc.gov/zika.
- If you must travel to these areas, talk to your doctor first and strictly follow steps to **prevent mosquito bites** during your trip.
- Use condoms every time and correctly with **male partners who have traveled to these areas** or abstain from sex.



MEN WHO HAVE TRAVELED TO AREAS WHERE ZIKA IS SPREADING

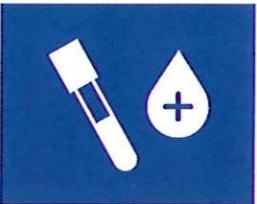
If you are sexually active with a woman who is or could become pregnant:

- **Use a condom** every time and correctly - or -
- **Abstain from sex.**



PREVENTION OF MOSQUITO BITES

- **Empty or get rid** of items that hold water around your yard or surroundings.
- **Treat rain barrels** for mosquitoes.
- Check and **repair window screens** around your home.
- Use an **EPA-registered insect repellent** and follow the label carefully.



ZIKA TESTING

- **All travelers with symptoms** (including pregnant women) who have visited a Zika-affected area in the past 12 weeks - seek testing as soon as symptoms appear.
- **Pregnant women** without symptoms who have traveled to a Zika-affected area in the past 12 weeks - contact a healthcare provider about testing.



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