

Are you pregnant and planning to travel this summer?

If you are pregnant:

The Center for Disease Control and Prevention (CDC) recommends special precautions for pregnant women.

Women who are pregnant should not travel to any area where Zika virus is spreading.

If you must travel to one of these areas:

Women who are pregnant should talk to their doctor or other healthcare provider first and strictly follow steps to prevent mosquito bites during their trip. Pregnant women who are traveling, should follow country-specific guidance on mosquito bite protection.

If you have a partner that has traveled to an area with Zika virus:

Pregnant women with male sex partners who have lived in or traveled to an area with Zika virus should either use a condom every time they have sex or not have sex during the pregnancy.

If a pregnant woman is concerned that her male partner(s) may have or has had Zika virus infection, she should talk to her doctor or other healthcare provider.

If you are trying to get pregnant:

Women trying to get pregnant and their male partners should talk to their doctor or other healthcare provider before traveling to areas with Zika.

Because sexual transmission is possible, both men and women should strictly follow steps to prevent mosquito bites during the trip.

For steps to prevent mosquito bites, visit:

<http://www.cdc.gov/features/stopmosquitoes/>

For more information on pregnancy and the Zika virus, visit:

<http://www.cdc.gov/zika/pregnancy/index.html>



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