

ZIKA VIRUS INFECTION & PREGNANCY

TRAVEL ALERT

On January 15, 2016 CDC issued a **travel alert** for people traveling to regions where Zika virus transmission is ongoing, including countries in South America, Central America, and the Caribbean. For a comprehensive list of countries with travel health notices visit www.cdc.gov/travel/notices



Pregnant women in **any trimester** should consider **postponing travel** to the areas where Zika virus transmission is ongoing. Pregnant women who do travel to one of these areas should talk to their doctor or other healthcare provider first and strictly follow [steps to avoid mosquito bites](#) during the trip.

ZIKA VIRUS



ZIKA virus spreads through Aedes species mosquito bites. Aedes mosquitoes also spread dengue and chikungunya viruses. These mosquitoes are day biting mosquitoes. Anyone traveling to a region of the world where Zika virus is found is at risk.

Symptoms usually begin 3–7 days after being bitten by an infected mosquito. The illness is usually mild with symptoms lasting for several days to a week.

Common symptoms

- Fever
- Rash
- Joint pain
- Red eyes
- Muscle pain
- Headache
- Pain behind the eyes
- Vomiting

PREGNANCY AND ZIKA VIRUS

Zika can be transmitted from a pregnant mother to her baby during pregnancy or around the time of birth.

Brazil has reported microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant.



Microcephaly is a birth defect where a baby's head is smaller than expected when compared to babies of the same sex and age. Babies with microcephaly often have smaller brains that might not have developed properly. For more information visit www.cdc.gov/birthdefects

HOW TO PROTECT YOURSELF FROM MOSQUITO BITES

There is currently no treatment or immunization for Zika virus. Pregnant women who cannot postpone their travel to regions where Zika virus transmission is ongoing, should protect themselves from mosquito bites.

- **Use EPA-registered insect repellent**
It is **safe** for pregnant and breastfeeding women to use an insect repellent. Use repellent with one of the following active ingredients: DEET, picardin, IR3535, or oil of lemon eucalyptus.
- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Stay and sleep in screened or air-conditioned rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors.

