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.

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

There is No Vaccine to Prevent Zika Virus Infection