



If you are pregnant or trying to become pregnant ...

Take precautions to prevent **Zika** virus infection

Zika is a generally mild illness currently widespread in **Central and South America and the Caribbean**. There have been reports of serious birth defects linked to the disease in other countries.

Travel and transmission advisories



- If you are pregnant, postpone travel to the countries where Zika virus transmission is ongoing.
- If your male sexual partner has traveled to or lives in an area with active Zika virus transmission, condoms should be used for the duration of the pregnancy. Discuss your male partner's potential exposures and history of Zika-like illness with your doctor.
- If you are trying to become pregnant, talk to your doctor before you travel about your plans to become pregnant and the risk of Zika virus.
- If you are pregnant or may become pregnant and must travel to one of these areas, talk to your doctor first and strictly follow steps to prevent mosquito bites during your trip.
- If you are *not* pregnant, but your male partner lives in or has traveled to a country with Zika, consider using condoms.



Preventing mosquito bites

- Use Environmental Protection Agency (EPA) registered insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if you are overseas or outside and not able to protect yourself from mosquitos.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
- Wear long-sleeved shirts and long pants.

For more information, including a list of countries where Zika virus transmission is ongoing, visit:
www.dhss.delaware.gov/dhss/dph/zika.html

