



Indiana State Department of Health

Epidemiology Resource Center

Zika Virus and Pregnancy

What We Know about Zika:

- Zika can be spread from a pregnant mother to her fetus during pregnancy.
- Infection during pregnancy is linked to birth defects in babies.
- Zika is spread mostly by being bitten by an infected *Aedes* species mosquito. These mosquitoes are aggressive daytime biters and can also bite at night.
- Sexual transmission of Zika virus from a man to his female partners is possible.
- To date, there has been no local transmission of Zika in the United States.
- Because the mosquitoes that spread Zika are found throughout the tropics, outbreaks will likely continue.
- There is no vaccine to prevent or medicine to treat Zika.

What We Don't Know about Zika:

- If there's a safe time during your pregnancy to travel to an area with Zika.
- If you are pregnant and become infected:
 - How likely you are to get Zika.
 - How likely it is that the virus will affect your pregnancy.
 - How likely it is your baby will have birth defects from the infection.

If You Are Pregnant

- Consider postponing travel to areas where Zika virus is spreading.
- For a current list of places with Zika virus, see CDC's Travel Health Notices: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>
- If you must travel:
 - Talk to your health care provider first.
 - Strictly follow steps to prevent mosquito bites during your trip.
- If you have a male partner who lives in or has traveled to an area with Zika:
 - Do not have sex during your pregnancy, OR

- Use condoms the right way every time you have vaginal, oral, or anal sex.
- If you have already traveled to an area with Zika during your pregnancy:
 - Talk to your doctor about whether you should be tested for Zika.

If You Are Trying to Become Pregnant

- Before you travel, talk to your doctor about your plans to become pregnant and the risk of getting Zika.
- If you must travel, strictly follow steps to prevent mosquito bites during your trip.

Preventing Mosquito Bites During Travel

- Use EPA-registered insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.
 - Always follow the product label instructions.
 - Reapply insect repellent.
 - Do not spray repellent on the skin under clothing.
 - If you are also using sunscreen, apply sunscreen before applying insect repellent.
 - When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective even for pregnant and breastfeeding women.
- Wear long-sleeved shirts and long pants.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
 - Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
 - If treating items yourself, follow the product instructions carefully.
 - Do NOT use permethrin products directly on skin. They are intended to treat clothing.
- Stay in places with air conditioning or with window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if you are outside and are not able to protect yourself from mosquito bites.

For more information, visit www.cdc.gov/zika.