



# Indiana State Department of Health

## Epidemiology Resource Center

### Zika Virus and Pregnancy

#### What We Know About Zika:

- Zika virus can be passed from a pregnant woman to her fetus.
- Infection during pregnancy can cause a serious birth defect called microcephaly and other severe fatal birth defects.
- Zika primarily spreads through infected mosquitoes. You can also get Zika through sex without a condom with someone infected by Zika, even if that person does not show symptoms of Zika.
- There is no vaccine to prevent or medicine to treat Zika.

#### What We Do Not Know About Zika:

- If there's a safe time during your pregnancy to travel to an [area with risk of Zika](#).
- How likely it is that Zika infection will affect your pregnancy.
- If your baby will have birth defects if you are infected while pregnant.

#### If You Are Pregnant:

- Do not travel to an [area with a risk of Zika](#).
  - Pregnant women should not travel to areas with risk of Zika.
  - Pregnant women should consider postponing travel to yellow cautionary areas in the United States.
- If you must travel to an [area with risk of Zika](#):
  - Talk to a healthcare providers before and after travel to an area with risk of Zika.
  - Take steps to prevent mosquito bites.

- Take steps to prevent getting Zika through sex by using condoms from start to finish every time you have sex (oral, vaginal, or anal) or by not having sex during your entire pregnancy.

### **If You Are Trying to Become Pregnant:**

- Take steps to prevent mosquito bites.
- If the female partner was exposed to an area with Zika, wait at least 8 weeks after the last possible exposure or after symptoms start (if she developed symptoms) before trying to conceive. During this waiting period, use condoms or do not have sex.
- If the male partner was exposed to this area\*, wait at least 6 months after the last possible exposure or after symptoms start (if he developed symptoms) before trying to conceive. During this waiting period, use condoms or do not have sex.

### **Preventing Mosquito Bites During Travel**

- Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#) with one of the active ingredients below. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.
  - Always follow the product label instructions.
  - Reapply insect repellent as directed.
  - Do not spray repellent on the skin under clothing.
  - If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Wear long-sleeved shirts and long pants.
- Treat items, such as boots, pants, socks, and tents, with permethrin or buy permethrin-treated clothing and gear.
  - Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
  - If treating items yourself, follow the product instructions.
  - Do not use permethrin products directly on skin.
- 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](http://www.cdc.gov/zika).