



PREGNANT?

DO NOT visit a
Zika-affected area
while pregnant or
trying to conceive

- If you are pregnant and your partner has visited an area with Zika, **abstain from sex or use a condom** until you deliver. Men can spread Zika through sex, even if they never had symptoms.
- If you must travel to a Zika-affected area, take all possible steps to prevent mosquito bites.
- If you or your partner have traveled to a Zika-affected area, talk to your health care provider before trying to conceive. Effective, reversible birth control methods are available.

TALK TO YOUR HEALTH CARE PROVIDER TODAY