What we know about Zika
• Zika virus can be spread from a pregnant woman to her fetus.
• Infection during pregnancy is linked to birth defects in babies.
• Zika virus can be spread by being bitten by an infected Aedes species mosquito.
• These mosquitoes are aggressive daytime biters. They can also bite at night.
• To date, there has been no local transmission of Zika in the United States.
• Because the mosquitoes that spread Zika virus are found in many countries, 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 it is that Zika will pass to your fetus.
  • Whether your baby will have birth defects.

Symptoms of Zika
Most people won’t have symptoms or even know they are infected with the virus. The illness is usually mild with symptoms lasting for several days to a week.

• Conjunctivitis (Red Eyes)
• Joint Pain
• Fever
• Rash

Travel Notice
CDC has issued a travel notice (Level 2-Practice Enhanced Precautions) for people traveling to areas where Zika virus is spreading.

For a current list of places with Zika virus, see CDC’s Travel Health Notices:

This notice follows reports in Brazil of microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant.

Sexual transmission of Zika virus from a male partner is possible, so travelers should use condoms.

Your best protection
Prevent mosquito bites
When using insect repellent, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective even for pregnant and breastfeeding women.

• The insect repellent you choose.
• Your skin type and the outdoor setting.
• How much time you’ll be outside.
• How often you’ll need to reapply it.

Here’s how to use insect repellent:
• Outdoors or when you’re outside:
  • 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.
  • If treating items yourself, follow the product instructions carefully.
• Your skin type:
  • DEET, picaridin, IR3535, and oil of lemon eucalyptus are effective on skin.
  • Do NOT use permethrin products directly on skin. They are intended to treat clothing.
• Your location:
  • 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 are not able to protect yourself from mosquito bites.

Use EPA-registered insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.

• Use an EPA-registered insect repellent.
• Wear long-sleeved shirts and long pants.
• Use a repellent with one of the following active ingredients: DEET, picaridin, IR3535, or oil of lemon eucalyptus.
• Use a repellent with one of the following active ingredients: DEET, picaridin, IR3535, or oil of lemon eucalyptus.
• If you use a repellent and get a rash, stop using the repellent and see your doctor.
• Always follow the product label instructions.
• Repellent can irritate the skin.
• Repellent can irritate the skin under clothing.
• Repellent can irritate the skin under clothing.

Before you travel:
Check the CDC’s Travel Health Notices for the most up-to-date recommendations.

http://wwwnc.cdc.gov/travel