

Zika Virus Travel Information for Pregnant Women and Women Trying to Become Pregnant

Pregnant?

Avoid travel to areas with the Zika virus.

If you have a male sex partner who lives in or travels to an area with Zika, you should use condoms the right way every time you have sex, or do not have sex during your pregnancy.



Pregnant women and their male partners should strictly follow steps to prevent mosquito bites if traveling to an area with Zika.

If you or your partner develop symptoms of Zika, see a healthcare provider right away.

If you must travel to an area with Zika, protect against mosquito bites.



REPELLENT

When used as directed, insect repellents are safe and effective for pregnant and breastfeeding women.

- Always follow the product label instructions.
- Reapply as directed.
- If you are also using sunscreen, apply sunscreen before applying insect repellent.
- Use a repellent with one of the following active ingredients: DEET (at least 20% strength); picaridin; IR3535; and oil of lemon eucalyptus or para-menthan-diol.

CLOTHING

- Wear long-sleeved shirts and long pants.
- Treat clothing 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.
 - When used as directed, permethrin is safe for pregnant and breastfeeding women.
 - If treating items yourself, follow the product instructions carefully.
- Do NOT use permethrin products directly on skin. They are intended to treat clothing.

INDOOR PROTECTION

- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if air-conditioned or screened rooms are not available or if sleeping outdoors.

Trying to become pregnant?

Avoid travel to areas with the Zika virus.

Talk to your healthcare provider about plans to become pregnant if you have a male sex partner who lives in or travels to an area with Zika.

Women trying to become pregnant and their male partners should strictly follow steps to prevent mosquito bites if traveling to an area with Zika.

If you or your partner develop symptoms of Zika, see a healthcare provider right away.



www.health.ri.gov/zika
Health Information Line 401-222-5960 / RI Relay 711



What You Should Know About Zika

- Zika virus is spread primarily through the bite of an infected mosquito.
- Zika can also be spread by a man to his sex partners.
- Zika can be passed from a pregnant woman to her fetus.
- Infection with Zika during pregnancy is linked to birth defects in babies.
- There is no vaccine to prevent or medicine to treat Zika.
- Women who are pregnant, or trying to become pregnant, should not travel to areas with Zika.

Symptoms of Zika

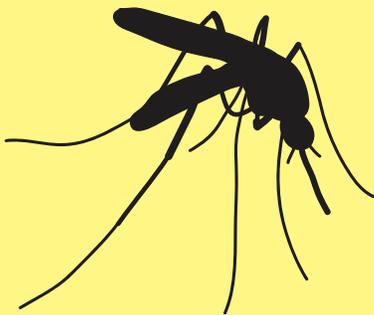
Most people with Zika won't even know they have it. The illness is usually mild with symptoms lasting for several days to a week.

The most common symptoms of Zika are:

- Fever
- Rash
- Joint Pain
- Conjunctivitis (red eyes)

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

<http://wwwnc.cdc.gov/travel/page/zika-travel-information>



www.health.ri.gov/zika
Health Information Line 401-222-5960 / RI Relay 711

