

ZIKA INFO FOR MOMS-TO-BE

What is Zika?

- Zika is a virus spread through mosquito bites or unprotected sex.
- If a pregnant woman gets Zika, she can pass the disease to her child even if she does not feel sick.
- Having Zika during pregnancy can cause severe birth defects.
- There is currently no vaccine to prevent or specific medication to treat Zika.



How can I avoid Zika?

- Avoid travel to areas with Zika, including Mexico.
- Avoid mosquito bites by using insect repellent and by wearing long sleeves and long pants when possible.
- If your partner travelled to an area with Zika, use condoms or abstain from sex for the duration of your pregnancy or for three months after travel, whichever is longer.



What should I do if I think I may have Zika?

- Talk to your doctor or other healthcare provider if you think you have been exposed to Zika.
- If you are at risk for Zika infection, your healthcare provider can arrange testing for Zika.



Where can I find more information?

Visit the Maricopa County Department of Public Health website at Maricopa.gov/Zika for more information about Zika.