

Talk ZIKA: Pregnancy - *Key Discussion Points to Share with women who are pregnant or planning pregnancy*

What is Zika?

- ✓ Zika is a virus that spreads to people through two specific types of mosquito—and both types of mosquitoes are found in certain areas of California.
- ✓ Zika is also sexually transmitted, so it can be passed from an infected person to his or her partner during sex.
- ✓ Most people with Zika don't get sick, so they may not even know they have it. Those who do get symptoms may have fever, rash, joint pain and/or red eyes.
- ✓ There is no vaccine to prevent or medicine to treat Zika.

What you should know about Zika:

- ✓ The greatest risk from Zika is to a pregnant woman's baby.
- ✓ If a pregnant woman gets Zika, by being bitten by an infected mosquito or by having unprotected sex, she can pass the virus to the baby, which can cause certain birth defects.

If you are pregnant:

- ✓ Prevent mosquito bites by using an EPA-registered insect repellent, which is safe and effective for pregnant and breastfeeding women.
- ✓ Don't travel to areas with Zika.
- ✓ If your partner has been in an area where Zika is spreading, use a condom—the right way, every time during all types of sex (vaginal, oral and anal)—or do not have sex throughout the pregnancy.
- ✓ If you have traveled to an area with Zika or had sex with someone who traveled to an area with Zika, see your doctor, whether or not you feel sick. *(For up-to-date information on areas with Zika, visit the CDC webpage at <http://www.cdc.gov/zika/qeo/index.html>.)*

If you are planning pregnancy:

- ✓ Both you and your partner should talk to your doctor about the risk of traveling to areas with Zika.
- ✓ Women who recently traveled to an area with Zika should wait at least 8 weeks after symptom onset (if symptomatic) or returning from their trip (if asymptomatic) before getting pregnant.
- ✓ Men who recently traveled to an area with Zika should wait at least 6 months after symptom onset (if symptomatic) or returning from their trip (if asymptomatic) before trying to get their female partner pregnant.

- ✓ Couples who are waiting to get pregnant should use condoms consistently and correctly, or not have sex during that time period.

Everyone can help keep California's mothers and babies safe from Zika by preventing mosquitoes from breeding and biting:

- ✓ Use window and door screens at home, and drain standing water where mosquitoes can lay eggs in your yard.
- ✓ When outdoors, wear long-sleeved shirts and long pants, and use an EPA-registered insect repellent.