

ZIKA + FAMILY PLANNING

ZAP ZIKA FROM YOUR FAMILY PLAN

What are the risks of Zika?

- Zika can cause **miscarriage**, **stillbirth** and **severe birth defects**.
- There is no specific medicine or vaccine for Zika.



MUST TRAVEL?

Use condoms (male or female), effective birth control and EPA-registered insect repellent.

Zika virus spreads to people through:



A Zika-infected mosquito



Sex (vaginal, anal and oral)



An infected pregnant woman to her unborn baby

Planning Pregnancy

- While planning pregnancy, you and your partner should avoid areas with risk of Zika.
- If you or your partner were recently in an area with Zika, wait until it is safe to get pregnant. Either do not have sex, or use an effective form of birth control and practice safer sex to prevent sexual transmission.
 - > Women: wait at least 2 months before trying to get pregnant.
 - > Men: wait at least 3 months before trying to get pregnant with your partner.
- Safer sex means using condoms (male or female) and dental dams every time you have vaginal, anal or oral sex.
- Talk with your doctor about your family plan.

Preventing Pregnancy

- If you don't want to become pregnant, use a long-acting, effective birth control method, like an IUD or implant.

Unintended Pregnancy

- If you become pregnant during or after travel to an area with Zika **OR** after having sex with someone who has traveled, your unborn baby could be affected by Zika.
- Talk with your doctor about testing and the risks and options you have with your pregnancy.
- Call the **MotherToBaby** hotline - in English or Spanish - to learn how certain exposures can affect your pregnancy. Call **(866) 626-6847** or text **(855) 999-3525**.



LEARN MORE:
www.cdph.ca.gov/Zika
#TalkZIKA

WHERE IN THE WORLD IS ZIKA?
www.cdc.gov/zika/geo