



Sample Zika + Family Planning Facebook posts:

#Zika virus can pass from a mother to her unborn baby during #pregnancy and cause birth defects. Here are three ways to stay safe if you're considering pregnancy:

- Don't go to areas with risk of Zika;
- Prevent mosquitoes from breeding and biting around your home; and
- Practice safer sex, or don't have sex if you and your partner were recently in an area with Zika.

To learn more about preventing Zika, visit: <http://bit.ly/ZikaandFamilyPlan>

#TalkZIKA #Zika #Pregnancy #Motherhood

There is no specific medicine or vaccine for #Zika, and most people who have it don't show symptoms. Couples that want to get #pregnant shouldn't go to areas with Zika. If you must go to one of these areas, prevent mosquito bites and take precautions to prevent sexual transmission.

Learn more: <http://bit.ly/ZikaandTravel>

Map of areas with Zika: <http://bit.ly/CDCZikaMap>

#Talk Zika #Zika #Pregnancy

Recently been to Mexico? The Zika virus is in Mexico, and it can be transmitted by mosquitoes **AND** sex.

Women: Wait at least 2 months after travel or symptom onset before trying to get pregnant.

Men: Wait at least 3 months before trying to get pregnant with your partner.

Share CDPH's Zika + Sex poster: <http://bit.ly/ZikaandSex>

#TalkZika #Zika #Travel

Thinking of getting #pregnant? Learn how to protect yourself and your unborn baby from Zika:

<http://bit.ly/ZikaQandA>

#TalkZIKA #Zika #California #Motherhood

Planning a vacation? The CDC has travel information for people going to areas with #Zika. It's important to prevent pregnancy while traveling in these areas. Learn more about areas with Zika, and talk to your doctor about effective birth control and your family plan: <http://bit.ly/ZikaandFamilyPlan>

Map of areas with Zika: <http://bit.ly/CDCZikaMap>

#TalkZIKA #Zika #CDC #Travel

Just found out you're #pregnant and have recently been to an area with #Zika? Talk to your doctor about testing, risks and your pregnancy options.

Learn more: <http://bit.ly/ZikaandFamilyPlan>

Where in the world is Zika? <http://bit.ly/AreasAtRiskForZika>

#TalkZIKA #Zika #Travel #Health

Been to a #Zika hot-spot or planning to go to one soon? It may be a good time to delay pregnancy. Find out about effective birth control at <http://bit.ly/BirthControlChoices>

Prepare now. Parent later! #TalkZika #ZikaFacts

Pregnant and have questions about how #Zika can affect your #pregnancy? Talk with an expert on the MotherToBaby hotline - in English or Spanish - to learn how certain exposures can affect you and your unborn #baby.

Call: (866) 626-6847 or Text: (855) 999-3525

Learn more: <http://bit.ly/ZikaandFamilyPlan>

Learn which is the best birth control method for women to protect against unintended pregnancy and #Zika! Hint: It might not be the birth control pill.

More at: <http://bit.ly/BirthControlChoices>

#BirthControl #WomensHealth

Did you know that Zika is sexually transmitted? Becoming infected while pregnant can cause birth defects. If you have recently been to an area with #Zika, it might be a good time to delay pregnancy. Practice safer sex and use effective birth control until your doctor says it is safe to get pregnant.

Learn more: <http://bit.ly/ZikaandFamilyPlan>

Share CDPH's Zika + Sex poster: <http://bit.ly/ZikaandSex>