PREGNANT AND TRAVELING TO A WARMER DESTINATION THIS WINTER?

ZIKA IS SPREADING IN SOME WARMER CLIMATES. FOLLOW THESE TIPS BEFORE AND AFTER TRAVELING:

- If you are pregnant or planning to become pregnant, DO NOT travel to an area where Zika is spreading.

- Zika can be passed from a pregnant woman to her fetus. The likelihood of having a baby with birth defects after prenatal Zika infection is unknown.


- Use a condom. If you or your sexual partner lives in or travels to an area with Zika, you should use condoms from start to finish every time you have sex during your pregnancy.

- Zika can be spread even if symptoms are not present. 80 percent of people with Zika have no symptoms. Zika may be spread for weeks to months after infection.

- Zika can be spread through sex. It can spread from a person who has Zika to his or her partners. Sex includes vaginal, anal, and oral sex, as well as the sharing of sex toys.

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