

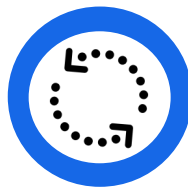
PREGNANT AND TRAVELING TO A WARMER DESTINATION THIS WINTER?



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 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.



When planning your trip, choose a destination where Zika is **NOT** spreading:

<https://www.cdc.gov/zika/geo/>



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 cause certain birth defects.

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.



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.

