



ZIKA VIRUS

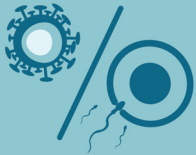
Pregnant Women
and Women of
Childbearing Age

Zika and pregnancy



Does Zika virus infection in pregnant women cause birth defects?

There have been reports of a serious birth defect of the brain called **microcephaly**, a condition in which a baby's head is smaller than expected when compared to babies of the same sex and age, and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant. Additional studies are needed (and are underway) to determine the degree to which Zika is linked to microcephaly.



Can a previous Zika infection cause a woman who later gets pregnant to have a baby with microcephaly?

Currently, there is no evidence to suggest that Zika virus infection poses a risk of birth defects for future pregnancies.

How is Zika transmitted?



Through mosquito bites: Zika virus is transmitted to people primarily through the bite of an infected Aedes species mosquito.

Although rare, through infected blood or sexual contact: Spread of the virus through blood transfusion and sexual contact has been reported.



Although rare, from mother to child:

- Zika virus could be passed from a mother to her baby during pregnancy.
- A mother already infected with Zika virus near the time of delivery can pass on the virus to her newborn around the time of birth, but this is rare.
- To date, there are no reports of infants getting Zika virus through breastfeeding. Because of the benefits of breastfeeding, mothers are encouraged to breastfeed even in areas where Zika virus is found. Talk to your health care provider for information about this.



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Should pregnant women or women trying to get pregnant travel to places with Zika outbreaks?

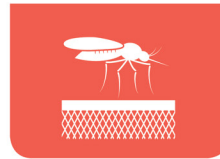
Until more is known, CDC recommends the following:

Women who are pregnant (in any trimester):

- Consider postponing travel to any area where Zika virus transmission is ongoing.
- If you must travel to one of these areas, talk to your doctor first and strictly follow [steps to prevent mosquito bites](#) during your trip.

Women who are trying to become pregnant:

- Before you travel, talk to your doctor about your plans to become pregnant and the risk of Zika virus infection.
- Strictly follow [steps to prevent mosquito bites](#) during your trip.



PREGNANT? What you should know about Zika and sex:

If you have a male partner who has traveled to an area with Zika:

- **Don't have sex, OR**
- **Use a condom the right way every time you have vaginal, anal, or oral sex.**



What is the treatment for Zika?

- **There is no vaccine or specific medicine to treat Zika virus infections.**
- **Treat the symptoms:**
 - Get plenty of rest.
 - Drink fluids to prevent dehydration.
 - Take medicine such as acetaminophen to reduce fever and pain.
 - Do not take aspirin or other non-steroidal anti-inflammatory drugs.
 - If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

For more information please contact your local health department or other health care provider. You may also visit the CDC website: www.cdc.gov/zika/index.html.



NO VACCINE



NO SPECIFIC MEDICATION