



For women who are pregnant or trying to get pregnant



What you need to know about the Zika virus

Warning for Pregnant Women

- Do not travel to places with Zika virus until baby is born
- If you or your partner have been to a place with Zika virus while you are pregnant, **call your doctor right away**
- Zika virus can cause problems with your baby's health and head size
- Your doctor can check your baby if you get Zika virus while you are pregnant
- Avoid sex, or use barriers like condoms during sex to keep from getting Zika virus from your partner

What is Zika Virus?

- Zika is mostly a mild illness
- Signs show up within 2 weeks of mosquito bite
- You can be sick for up to one week
- Most people don't get sick at all

What are the Signs of Zika?

- Fever
- Rash
- Muscle or joint pain
- Pink eye or red eyes
- Headache with eye pain
- Zika has the same signs as other mosquito bite illnesses (Like Chikungunya or Dengue)

What Places have Zika?

- Zika is in the Mexico, Central America, South America and the Caribbean
- Some places in the U.S. and Africa also have Zika
- Before you travel, visit the website below to see what places have Zika

How Can I get Zika Virus?

- Zika is spread by mosquito bites
- It can also be spread from a person sick with Zika to his or her sex partner
- Zika can be spread from a mother to her baby while she is pregnant
- We are still learning about all the ways the Zika virus can spread

How Can I be Safe from Zika Virus?

- Protect yourself from mosquito bites
- Wear long sleeved shirts and long pants
- Use bug repellent (spray)
- Use screens over windows and doors to keep bugs outside
- Talk to your doctor about safe sex if you or your partner have been to a place with Zika virus
- Do not travel to places with Zika if you are trying to get pregnant

For the most up-to-date facts and countries for Zika virus, visit the CDC:

<http://www.cdc.gov/zika/prevention/index.html>

Approved by Carolinas HealthCare System Infection Prevention Patient Health Education Committee, March, 2016