



# Pregnant?

## Trying to become pregnant?

- ❖ Talk to a health care provider before you or your partner travel to Central America, South America, the Caribbean or the Asian Pacific Islands.
- ❖ If you are pregnant, consider postponing travel until you deliver your baby.
- ❖ Use condoms to prevent Zika infection.



## Protect yourself from mosquito bites



### Aedes bite around the clock

Mosquitoes that spread chikungunya, dengue, and Zika usually bite in the day. They can also bite at night.



### Use bug spray, it works!

Look for any of the following active ingredients:

♦DEET ♦PICARDIN ♦IR3535



### Wear protective clothes

Wear long-sleeved shirts and long pants. For extra protection, treat clothing with permethrin.



### Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Empty containers of standing water.

### For more information:

[www.cdc.gov/chikungunya](http://www.cdc.gov/chikungunya) [www.cdc.gov/dengue](http://www.cdc.gov/dengue) [www.cdc.gov/zika](http://www.cdc.gov/zika) [www.sfcddcp.org/zika](http://www.sfcddcp.org/zika)