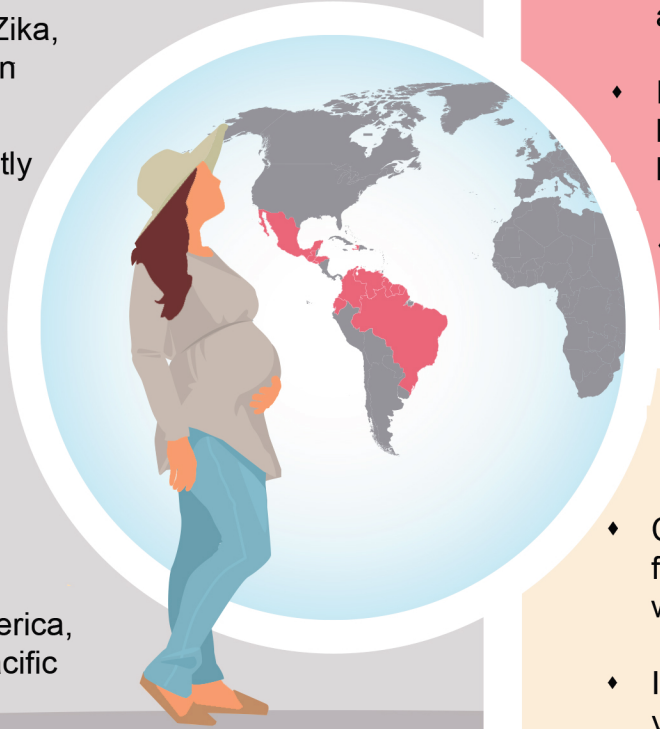


Pregnant?

Trying to get pregnant?

What we know about Zika

- ♦ Zika can be spread from a mother to her fetus during pregnancy.
- ♦ Zika can be passed from a man to a woman through sex.
- ♦ If a pregnant woman has Zika, it can cause birth defects in her baby.
- ♦ Zika is a virus spread mostly by the bite of an infected *Aedes* species of mosquito.
 - ❖ These mosquitoes usually bite during the day. They can also bite at night.
- ♦ Right now, mosquitoes in the Bay Area or California do not carry the disease. Zika is spread in Latin America, the Caribbean, and the Pacific Islands.
- ♦ There is no vaccine to prevent or medicine to treat Zika.



What we do not know about Zika

- ♦ If there is a safe time during your pregnancy to travel to an area with Zika.
- ♦ If you do travel and are infected, how likely it is that the virus will lead to a birth defect in your baby.
- ♦ How long Zika lasts in semen.

Travel notice

- ♦ CDC has issued a travel notice for people traveling to areas where Zika is spreading.
- ♦ If you are pregnant and you or your partner are traveling to country with Zika, please contact your doctor before you travel.
- ♦ There have been reports of birth defects (microcephaly and other problems) in babies of mothers infected with Zika virus while pregnant.
- ♦ For a current list of places with Zika outbreaks, see CDC's Travel Health Notices: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

For further information

- ♦ If you have further questions, contact a healthcare provider. If you do not have a healthcare provider, please call New Patient Appointment Unit at: 415-682-1740. Get prenatal care as soon as you know you are pregnant.
- ♦ Visit the CDC Zika Virus Information Webpage at: www.cdc.gov/zika
- ♦ Visit the San Francisco Department of Public Health Zika Virus Information Webpage at: www.sfcdcp.org/zika

Sexual Transmission of Zika

- ♦ Men who get Zika virus can have it in their semen and give it to their sex partners.
- ♦ Men who have traveled from a country with Zika, and who have a pregnant partner should:
 - ❖ Use condoms; or
 - ❖ Not have sex with their pregnant partners during the entire pregnancy.



- ♦ Condom use can prevent Zika transmission.

Prevent mosquito bites

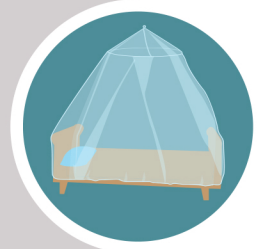
Clothing

- ♦ Wear long-sleeved shirts and long pants.
- ♦ Treat clothing and gear with permethrin or purchase permethrin-treated items
 - ❖ Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
 - ❖ If treating items yourself, follow the product instructions carefully.
- ♦ Do NOT use permethrin products directly on skin. They should only be used on clothing.



Indoor protection

- ♦ Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- ♦ Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.



Bug spray

Use Environmental Protection Agency (EPA)-registered bug sprays. When used as directed, these bug sprays are safe and effective for pregnant and breastfeeding women.

- ♦ Use bug spray with one of these ingredients: DEET, Picardin, IR3535 or Oil of lemon eucalyptus.
- ♦ Always follow the product label instructions.
- ♦ Reapply as directed.
- ♦ Do not spray repellent on the skin under clothing.
- ♦ If you are also using sunscreen, apply sunscreen before applying bug spray.

