

Pregnant? Planning for a baby?

Talk to your medical provider about Zika before you plan to travel.

Delay your travel to places with Zika.

Zika is a virus spread by mosquitoes and sex. It can cause **birth defects and pregnancy loss.**

Pregnant women should delay travel to:

- Mexico
- Central America
- South America
- Pacific Islands
- Caribbean
- Southeast Asia
- Sub-Saharan Africa and Cape Verde Islands

Thinking of traveling to Florida?

Talk with your medical provider.

Need to travel? Protect yourself from mosquito bites. Wear long sleeved shirts and pants. Use insect repellent with DEET, picaridin, IR3535, or oil of lemon eucalyptus.



For more information:

<https://www.cdc.gov/zika/geo/>
<https://wwwnc.cdc.gov/travel/page/zika-information>

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