

# Zika Virus: Pregnant? Trying to get pregnant?

## What is Zika?

- Zika is a disease you can get from a mosquito that carries the Zika virus.
- If a pregnant woman has Zika, the virus can cause serious birth defects in her baby.
- There is no vaccine to prevent or treatment to cure Zika virus.

## What countries and areas have Zika?

- Right now, Zika is found in Mexico, Central America, South America, the Caribbean, the Pacific Islands, Southeast Asia, and Africa. For details about which countries have Zika risk, visit <https://wwwnc.cdc.gov/travel/page/zika-information>
- Small areas of Florida and Texas also have Zika
- Zika is not spreading in San Francisco or California
- See [www.cdc.gov/zika/geo/index.html](http://www.cdc.gov/zika/geo/index.html) for more information about where Zika is spreading

## What are the symptoms of Zika?

- Fever, rash, joint or muscle pain, red eyes. Most people do not have any of these symptoms.

## What if I have traveled to these areas during my current pregnancy?

Tell your health care provider right away.

If you have any symptoms of Zika during travel or after you return, **call your health care provider right away.** Your provider can check to see if you have Zika.

## What if I plan to travel to an area that has Zika?

If you are pregnant, you should delay your travel plans. If you cannot delay your travel plans you should let your health care provider know, and you should protect yourself from mosquito bites.

## How can I protect myself from mosquito bites?

If you are in an area where Zika is present, protect yourself from mosquito bites by:

- Wearing long-sleeved shirts and long pants
- Using insect repellent\* with any of these ingredients:
  - DEET
  - Picaridin
  - IR3535
  - Oil of lemon eucalyptus

\*You can buy these at Walgreens, Target or REI.

\*These are safe to use while pregnant or breastfeeding when used according to the product label.

## How can I prevent getting Zika through sex?

If your partner has traveled to an area with Zika, use condoms every time you have sex (vaginal, anal, or oral), or avoid sex during your entire pregnancy.

## What if my partner and I are planning to get pregnant?

- If you are planning to get pregnant and you have traveled to or lived in an area that has Zika virus, you should wait at least 8 weeks after your return before trying to get pregnant.
- If your male partner has traveled or lived in an area that has Zika virus, was diagnosed with Zika infection, or had symptoms of Zika you should wait 6 months to try to get pregnant. Until then, use condoms every time you have sex (vaginal, anal, or oral), or avoid sex.
- If you have traveled to or are planning travel to Southeast Asia or Africa, talk with your health care provider.

## Questions?

- Contact your health care provider. If you do not have a doctor, please call the New Patient Appointment Unit at 415-682-1740. Get prenatal care as soon as you know you are pregnant.
- Visit the CDC Zika website at: [www.cdc.gov/zika/](http://www.cdc.gov/zika/)
- Visit the San Francisco Department of Public Health Zika Virus Information Webpage at: [www.sfdcp.org/zika](http://www.sfdcp.org/zika)

