

# ZIKA INFO FOR MOMS-TO-BE

## What is Zika?

- Zika is a virus spread through mosquito bites or unprotected sex.
- If a pregnant woman gets Zika, she can pass the disease to her child even if she does not feel sick.
- Having Zika during pregnancy can cause severe birth defects.
- There is currently no vaccine to prevent or specific medication treat Zika.



## How can I avoid Zika?

- Avoid travel to areas with Zika, including Mexico.
- Avoid mosquito bites by using insect repellent and by wearing long sleeves and long pants when possible.
- If your partner travelled to an area with Zika, use condoms or abstain from sex for the duration of your pregnancy or for six months after travel, whichever is longer.



## What should I do if I think I may have Zika?

- Talk to your doctor or other healthcare provider if you think you have been exposed to Zika.
- If you are at risk for Zika infection, your healthcare provider can arrange testing for Zika.



## Where can I find more information?

Visit the Maricopa County Department of Public Health website at [WeArePublicHealth.org](http://WeArePublicHealth.org) for more information about Zika.