

Pregnant or considering pregnancy? Talk to your doctor about Zika.

Zika is a virus spread by mosquitoes. It can also be spread through sex with a man infected with Zika.

Most people who get Zika will have no symptoms, but Zika has been linked to birth defects, so pregnant women and women who could get pregnant should take steps to stay safe:

If you are pregnant, you should:

- Not travel to areas with Zika: <http://www.cdc.gov/zika/geo/>
- Prevent mosquito bites
- Practice safe sex with condoms, or not have sex during pregnancy with male partners who have lived in or traveled to an area with Zika virus
- Talk to your doctor after travel, or if you have Zika symptoms (rash, pain, red eyes)



If you might get pregnant:

- Consider postponing travel to areas with Zika for you and your partner
- Prevent mosquito bites
- Wait at least 8 weeks after Zika infection or exposure to Zika through mosquitoes or sex, before having unprotected sex.
- Wait at least 8 weeks after your partner was exposed to Zika, and 6 months after Zika symptoms, before having unprotected sex.

For current Zika testing guidelines, call 410-876-4900. Free condoms are available at the Health Department, 290 S. Center, Westminster.

These guidelines are subject to change. Visit www.cdc.gov/zika for more information.

Fight the Bite!



The best way to avoid Zika and other diseases spread by mosquitoes is to avoid mosquito bites.

Use an EPA-registered insect repellent with approved active ingredients:

- DEET
- Picaridin, also known as KBR 3023, Bayrepel, and icaridin
- IR3535
- Oil of Lemon Eucalyptus (OLE) or para-menthane-diol (PMD)

When used as directed, these repellents are safe for pregnant and breast-feeding women and children. Do not use repellent on babies younger than 2 months old.

Put on sunscreen first, then repellent.

Wear long-sleeved shirts and pants.

If you spend a lot of time outside, consider treating clothes with permethrin, or buy treated gear.

Twice a week, empty items that can hold water where mosquitoes breed, such as flower pots, trash cans, and wading pools.

Clean up trash that can hold water— just a little water can hold mosquito eggs!

Use screens on doors and windows or use air-conditioning.

Adapted from CDC by Carroll County Health Dept., April 2016, cchd.maryland.gov and on Facebook