



Pregnant?

Warning: Zika can cause certain birth defects
There is no vaccine to prevent Zika virus infection

Protect your pregnancy

Zika can be spread by mosquitoes.



Daytime is most dangerous

Mosquitoes that spread Zika are aggressive daytime biters. They can also bite at night.

Use insect repellent

It's safe and it works! Read the label and follow the directions. Look for the following active ingredients: **DEET, picardin, IR3535.**



Cover your skin

Wear long-sleeved shirts and long pants. For extra protection, treat clothing with permethrin.

Mosquito-proof your home

Use screens on windows and doors.
Use air conditioning when available.
Eliminate standing water.



Zika can be spread by sexual contact.

If you are concerned about getting Zika from a sex partner:



Don't have sex

Don't have sex with your partner during your pregnancy.

OR

Use a condom

Use a condom the right way every time you have any type of sex during your pregnancy.

Talk to your health care provider

If you think your partner may have or had Zika, tell your health care provider if you had sex without a condom.



For more information:
www.nkyhealth.org/zika.aspx



NORTHERN KENTUCKY
INDEPENDENT DISTRICT
HEALTH DEPARTMENT



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

