KNOW THE RISK

Women of childbearing age should be especially aware of a new disease called Zika (ZEE-kah).

Zika is a disease spread by

- » Bite of an infected mosquito
- » Infected woman to child during pregnancy
- » Infected male to partner during sex

If you are pregnant when or soon after you contract Zika, your unborn baby may develop a severe birth defect known as *microcephaly* (my-kroh-SEF-uh-lee).

Microcephaly causes an unusually small head, brain damage, and often death.

UNBORN BABIES ARE AT RISK

ZIKA

PRECAUTIONS FOR WOMEN

TEXAS A&M AGRILIFE EXTENSION

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Pregnant woman photos: Sara Neff (CC BY 2.0)

PROTECT YOURSELF AND YOUR UNBORN BABY

Keep mosquitoes away—the best defense against Zika.

Stay away from areas infested with Zika:
- » Central America
- » South America
- » Parts of the South Pacific

Do not have sex with a recent male visitor to a Zika-infested area or, use condoms for 6 months after his exposure.

Reported active transmissions

RECOGNIZE SYMPTOMS OF ZIKA INFECTIONS

Unlike West Nile virus, Zika rarely causes serious illness or death.

Four of five people who get Zika virus won't even know they are sick.

If you are pregnant and contract Zika, you do not have to feel sick to pass the virus to your unborn baby.

Contact your doctor if you have:
- » Fever
- » Joint pain
- » Red, itchy eyes
- » Rash

Symptoms typically occur 2–7 days after a bite from an infected mosquito.

4 WAYS TO KEEP MOSQUITOES AWAY

1

Drain or dump standing water around your home: clean out leaf-filled gutters; dump bird baths and flower pot drain dishes; screen rain barrels and cisterns.

2

Dress to discourage mosquito bites. Wear long pants and long-sleeve shirts. Fabrics with tight weave usually work better than knits or other loosely woven materials.

3

Day, dusk and dark. Mosquitoes that carry Zika are active anytime of the day or night. These mosquitoes can bite anytime the temperature rises above 55°F.

4

DEET mosquito repellent is your best defense if you must be outdoors when mosquitoes are active.