



If you are pregnant or trying to become pregnant ...

Take precautions to prevent **Zika** virus infection

There have been reports of serious birth defects linked to the disease.

Travel and transmission advisories

- If you are pregnant, postpone travel to the areas where Zika virus transmission is ongoing. If your male or female sexual partner has traveled to or lives in an area with active Zika virus transmission, use barrier methods every time or do not have sex during the pregnancy. Condoms and/or dental dams should be used during oral sex and condoms should be used for sex involving penetration. Discuss your partner's potential exposures and history of Zika-like illness with your doctor.
- If you are trying to become pregnant and have had possible exposure to Zika virus through travel or sexual contact, wait at least eight weeks before trying to conceive, regardless of whether or not you had symptoms. Men who have had possible exposure to Zika virus through travel or sexual contact are advised to wait at least six months before attempting conception with their partner, regardless of whether or not they had symptoms.
- If your male or female sexual partner lives in an area with active Zika transmission, use barrier methods while there is active Zika virus transmission in the area.
- If you are pregnant or may become pregnant and must travel to an area with Zika, talk to your doctor first and strictly follow steps to prevent mosquito bites and sexual transmission of Zika during your trip. If you traveled to an area with active Zika virus transmission up to eight weeks before your pregnancy was confirmed, discuss your travel history with your doctor.



Preventing mosquito bites

- Use Environmental Protection Agency (EPA) registered insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if you are overseas or outside and not able to protect yourself from mosquitos.
- Treat clothing and gear with permethrin or purchase permethrintreated items.
- Wear long-sleeved shirts and long pants.

For more information, including a list of locations where Zika virus transmission is ongoing, visit www.dhss.delaware.gov/dhss/dph/zika.html or call the DPH Office of Infectious Disease Epidemiology at 888-295-5156.

