

# Zika and Pregnancy

## What you should know

Zika virus disease (Zika) spreads to people mainly through the bite of two species of infected mosquitoes, one of which is more likely to transmit Zika. In past outbreaks, most people have not gotten sick, so people may not even know they are infected. Based on current knowledge, the greatest risk for complications from Zika is to a pregnant woman's fetus. If a pregnant woman is infected with Zika, she can pass the virus to her fetus. Zika has been linked to cases of microcephaly, a serious birth defect, and is a sign that the baby is born with a smaller brain, which can result in medical problems and impaired development. Researchers are working to understand more about how Zika affects pregnant women and fetuses.

### To protect the pregnancy, couples can:

- Check CDC travel guidance; pregnant women should avoid travel to any area with Zika.  
[www.cdc.gov/travel/page/zika-travel-information](http://www.cdc.gov/travel/page/zika-travel-information)
- Talk to her doctor or other healthcare provider first, if she must travel to an area with Zika.
- Prevent mosquito bites, including covering up arms and legs and using EPA-registered insect repellent, which is safe to use during pregnancy.
- Use latex condoms, the right way, every time or choose not to have any type of sex if the male partner has been in an area with Zika during the pregnancy.

# #1

Mosquitoes are the deadliest animals in the world because of the diseases they spread.

# 30 Days

A female mosquito infected with Zika can continue biting people over its lifespan of about 30 days.

# 2

Only 2 known species of mosquitoes spread Zika, out of 176 species of mosquitoes identified in the US.

Want to learn more? [www.cdc.gov/vitalsigns/zika](http://www.cdc.gov/vitalsigns/zika)



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