Attachment 2

Travel Warning for Pregnant Women

Zika Virus

Pregnant and traveling? **Learn** about Zika virus, and **consider** delaying travel to affected areas until health experts say it's safe.

Learn about Zika virus.

- Zika spreads to people through mosquito bites—but not a bite from *any* mosquito. The mosquito that health experts believe spreads the virus lives in certain parts of the world.
- Zika is affecting parts of Central and South America, Mexico and the Caribbean. The type of mosquito that spreads the virus is common there. Find the latest locations at the link below.
- Most people infected with Zika don't get sick. However, Zika ***may cause birth defects***, so pregnant women should take steps to avoid the virus.
- There is no vaccine.

If you're pregnant, consider delaying travel to an affected area until health experts say it's safe.

- *If it's not possible to delay travel*, talk to a doctor first. The mosquito that spreads Zika is very aggressive. The mosquito bites during the day and early evening. **Use insect repellants approved by the EPA**. **Wear long sleeves and pants**. **Wear clothing treated with permethrin (a chemical that repels insects)**. **Use a mosquito bed net if you cannot keep mosquitoes out of your residence.**
- *If you are pregnant and did travel to an area affected by Zika,* contact your health care provider **immediately**.
- *If you are trying to become pregnant,* talk to your doctor before traveling.

For more information, and links to maps of the affected areas, visit nyc.gov/health and search zika.