

ZIKA

PRECAUTIONS FOR WOMEN



HIGHEST RISK



Pregnant women or women trying to become pregnant

If you contract Zika when or soon after you get pregnant, your unborn baby may develop serious brain damage

REDUCE RISK

During pregnancy, do not have vaginal, anal, or oral sex with a recent visitor to a Zika-infested area, or always use condoms



DEFEND YOURSELF

Drain or dump



All standing water around your home

Dress



To discourage mosquito bites

Day, dusk, and dark



Mosquitoes bite above 55° F

DEET

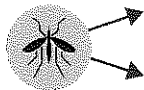


Use repellent when outdoors

These are CDC recommendations as of July 2016. For the most current guidelines, visit www.cdc.gov/zika/

HOW ZIKA SPREADS

Bite from infected mosquito



Infected male to woman via sex



Woman to child during pregnancy



AVOID INFESTED AREAS

Do not visit Central America, South America, and parts of the South Pacific



Reported active transmissions

SYMPTOMS

Usually start 2-7 days after infection and last about 1 week



Itchy eyes



Fever



20% Symptoms present



Joint pain



Rash



80% None

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Graphic source: pregnant woman (Stephanie Heendrickxen)

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