

KNOW ZIKA VIRUS

**Pregnant women should not travel to Zika areas.
Zika may cause harm to your baby.
If you or your partner *must* travel, you should know:**



Before You Travel

Talk to your health care provider about the risks of Zika.

Learn how to protect yourself from mosquito bites.

When Traveling

Avoid travel to places where Zika is present.

Otherwise, use an insect repellent, wear protective clothes, and stay indoors when possible.

If You Have Traveled

If you are pregnant, you can get tested.

Talk to your health care provider about Zika and testing.

If Your Sex Partner Has Traveled

Zika can be transmitted through unprotected sex.

If you are pregnant and your partner traveled to a Zika area, you should not have sex. If you do have sex, your partner should wear a condom correctly from start to finish.

If you had unprotected sex during pregnancy with a partner who traveled to a Zika area, you can get tested.

Talk to your health care provider about Zika and testing.

Get the FAQs on Zika Virus:

www.health.ny.gov/zika

Hotline: 1-888-364-4723



Department
of Health