



LET'S PROTECT AGAINST ZIKA INFECTION DURING PREGNANCY!



AVOID MOSQUITO BITES DAY AND NIGHT

Cover arms and legs

When possible, use window screens or air conditioning

Sleep under a mosquito bed net if air conditioning or screens are not available

Empty and scrub, turn over, cover, or throw out items that hold water near your home



USE EFFECTIVE INSECT REPELLANT ACCORDING TO PACKAGE DIRECTIONS

DEET, Picaridin/Icaridin, IR3535, oil of lemon
eucalyptus, or 2-undecanone



PRACTICE SAFER SEX DURING PREGNANCY

Use condoms for vaginal, oral, and anal sex,
OR
Abstain from sex during pregnancy

HEALTH PROVIDERS

Refer to your national guidelines to know when to report cases of Zika virus infection AND
when and how to test for Zika.

Counsel pregnant women about postpartum family planning options, healthy timing and spacing of
pregnancy, and how to seek care at the local health facility if they experience Zika symptoms.

For up-to-date information, visit www.paho.org.

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Pan American
Health
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LATIN AMERICAN CENTER FOR PERINATOLOGY
WOMEN AND REPRODUCTIVE HEALTH
CLAP/WR

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and Child Survival Program and does not reflect the views of
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Zika infection in pregnancy can cause congenital Zika syndrome

- ! Microcephaly (abnormally small baby head) can develop before or after birth.
- ! Damage to baby's brain with or without microcephaly.
- ! Baby may also have seizures, problems with vision, hearing, feeding, and movement. Some problems may develop after birth.
- ! Most people infected with Zika virus will not have symptoms or will only have mild symptoms (rash, fever, red eyes, joint pain).
- ! Women with or without Zika virus symptoms may pass Zika infection to the fetus.



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IDSOG

WEEKS

PROBABLE DAY
OF CONCEPTION

FIRST DAY OF
LAST MENSTRUAL
PERIOD

APPROXIMATE
DATE OF
DELIVERY