

## LET'S PROTECT AGAINST ZIKA INFECTION DURING PREGNANCY!



### AVOID MOSQUITO BITES DAY AND NIGHT

Cover arms and legs

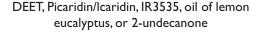
When possible, use window screens or air conditioning

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







### 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.

Printed December 2017.







This pregnancy wheel is made possible by USAID and the Maternal and Child Survival Program and does not reflect the views of USAID or the United States Government.

