

# 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](http://www.health.ny.gov/zika)

Hotline: 1-888-364-4723



Department of Health