

# Pregnant and worried about Zika?



## Zika Prevention Kit for Pregnant Women

The products below can help protect you from Zika.  
Use these items to build your own Zika prevention kit.



### Bed net

- Keep mosquitoes out of your room day and night. If your room is not well screened, use this bed net when sleeping or resting.
- Mosquitoes can live indoors and will bite at any time, day or night.



### Standing water treatment tabs

- Use water treatment tabs to kill larvae in standing water around your house. Do not put them in water you drink.
- Always follow directions on the package.
- When used as directed, these tabs will not harm you or your pets (dogs and cats).



### Insect repellent

- Insect repellent will help keep mosquitoes from biting you.
- Use only an EPA-registered insect repellent.
- Always follow the directions on the bottle.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.



### Permethrin spray

- Spray your clothing and gear with permethrin to help protect you from mosquito bites.
- Always follow the directions on the bottle. Reapply as directed.
- Do not spray permethrin on your skin.



### Condom

- During sex, it is possible to get Zika virus from a man who has Zika
- If you have sex (vaginal, anal, or oral) with a male partner, you should use condoms the right way every time.
- Follow directions on the box.
- Condoms can also help prevent HIV and other sexually transmitted diseases.

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[www.cdc.gov/zika](http://www.cdc.gov/zika)