**ZIKA INFO FOR MOMS-TO-BE**

**What is Zika?**
- Zika is a virus spread through mosquito bites or unprotected sex.
- If a pregnant woman gets Zika, she can pass the disease to her child even if she does not feel sick.
- Having Zika during pregnancy can cause severe birth defects.
- There is currently no vaccine to prevent or specific medication to treat Zika.

**How can I avoid Zika?**
- Avoid travel to areas with Zika, including Mexico.
- Avoid mosquito bites by using insect repellent and by wearing long sleeves and long pants when possible.
- If your partner travelled to an area with Zika, use condoms or abstain from sex for the duration of your pregnancy or for three months after travel, whichever is longer.

**What should I do if I think I may have Zika?**
- Talk to your doctor or other healthcare provider if you think you have been exposed to Zika.
- If you are at risk for Zika infection, your healthcare provider can arrange testing for Zika.

**Where can I find more information?**
Visit the Maricopa County Department of Public Health website at Maricopa.gov/Zika for more information about Zika.