

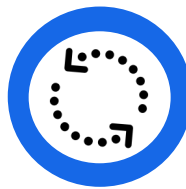
# PREGNANT AND TRAVELING TO A WARMER DESTINATION FOR SPRING BREAK?



## ZIKA IS SPREADING IN SOME WARMER CLIMATES. FOLLOW THESE TIPS BEFORE AND AFTER TRAVELING:



If you are pregnant or planning to become pregnant, **DO NOT** travel to an area where Zika is spreading.



Zika can be passed through sex. It can spread from a person who has Zika to his or her partners. Sex includes vaginal, anal, and oral sex, as well as the sharing of sex toys.



When planning your trip, choose a destination where Zika is **NOT** spreading:

<https://www.cdc.gov/zika/geo/>



**Use a condom.** If you or your sexual partner lives in or travels to an area with Zika, you should use condoms from start to finish every time you have sex during your pregnancy.



**Zika can cause certain birth defects.**

Zika can be passed from a pregnant woman to her fetus. The likelihood of having a baby with birth defects after prenatal Zika infection is unknown.



**Zika can be spread even if symptoms are not present.** 80 percent of people with Zika have no symptoms. Zika may be spread for weeks to months after infection.

