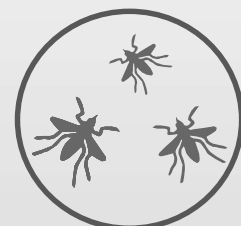




# PREGNANT & TRAVELING?

**Mosquitoes in tropical and subtropical regions can spread diseases** (such as Zika, dengue, chikungunya, and malaria) that put expecting mothers and unborn babies at risk for health effects.



## If you plan to travel somewhere with ongoing Zika outbreaks:

- **Strongly consider postponing travel plans**
- Talk to your provider about travel medicines & vaccines
- Closely follow these tips to avoid mosquito bites:



- Use insect repellent



- Stay in air-conditioned or screened accommodations



- Wear long sleeved shirts and long pants

## If you recently traveled outside the US during your pregnancy:

- Tell your doctor
- You may need special testing or ultrasounds



For a list of current disease outbreaks, visit CDC Travel Health Notices: <http://wwwnc.cdc.gov/travel/notices>

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