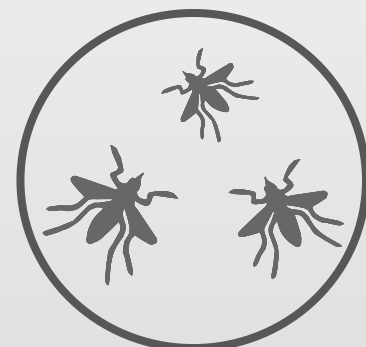




PREGNANT & TRAVELING?

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:

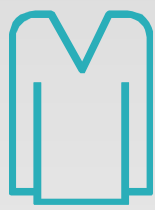
- **Strongly consider postponing travel plans**
- Talk to your provider about travel medicines & vaccines
- Closely follow these tips to avoid mosquito bites:



- 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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Public Health
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