

# PREGNANT?

## SIMPLE STEPS TO PREVENT ZIKA

During your pregnancy, take these steps to protect you and your loved ones from the Zika virus.



Protect yourself from sexual transmission. Consider abstaining from sex or use condoms correctly.



Apply EPA-approved insect repellent.



Wear pants and long-sleeve shirts.



Use screens or close windows and doors.



Remove standing water in and around your home.



Cover trash cans or containers where water can collect.



Avoid travel to regions where the Zika virus is active.

**TALK TO YOUR DOCTOR IF YOU HAVE CONCERNS.**

*\* Recommendations are based on emerging knowledge about Zika.*

**KEEP UP WITH THE LATEST INFO AT [TexasZika.org](http://TexasZika.org)**