

KNOW THE  
FACTS ABOUT

# ZIKA VIRUS

**Zika** is a disease spread by infected mosquitoes in some parts of the world.

Most people never feel sick from **Zika**. If they do, they might get a fever, rash, joint pain, and/or red eyes.

When a pregnant woman gets **Zika**, it can pass to her unborn baby.



**Zika** virus may cause birth defects like brain damage in an unborn baby. Babies who get Zika before they are born can be sick for their whole lives.



When people travel to areas with **Zika**, they can come back to Massachusetts with the virus and pass it during sex.



Even when people don't feel sick, **Zika** can still be passed to an unborn baby or through sex.

PROTECT  
YOUR UNBORN  
BABY FROM  
**ZIKA  
VIRUS**



While you are pregnant, delay or avoid travel to areas with **Zika**. If you must travel, do everything you can to avoid mosquito bites.



You can avoid mosquito bites by using bug spray, wearing clothing to cover your arms and legs and sleeping under bed netting.

If you are pregnant and either you or your partner has been in an area with **Zika**, see your doctor or midwife when you get back to Massachusetts.

While you are pregnant, if your partner has traveled to an area with **Zika**, use condoms or delay sex until your baby is born.



If you are not pregnant and you or your partner travel to an area where there is **Zika**, use condoms to prevent pregnancy.

You can protect yourself and your unborn baby from **Zika**.

**Learn the latest about Zika.**

Visit [mass.gov/zika](http://mass.gov/zika) or call 617-983-6800

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