If you’re pregnant, or you might be pregnant soon, read the health tips below.

Learn about Zika virus.
- Zika causes birth defects. Pregnant women, women who might be pregnant soon, and their male sex partners should avoid the virus.
- People usually get Zika through a mosquito bite—but not a bite from any mosquito.
- Zika is affecting parts of Central and South America, Mexico, the Caribbean and other places listed by the Centers for Disease Control and Prevention. The type of mosquito linked to the current outbreak, called Aedes aegypti, lives in these places. Find the latest Zika-affected locations at cdc.gov/zika.
- It is rare but possible for Zika to spread from one person to another through sexual contact and blood.
- There is no Zika vaccine.

Postpone travel to a Zika-affected area until health experts say it’s safe.
- If it’s not possible to delay travel, talk to a health care provider first. The type of mosquito linked to the current outbreak is very aggressive. The mosquito bites during the day and early evening. Use insect repellents approved by the EPA, and follow the directions on the label. Apply sunscreen first, then repellent. Insect repellent is safe for pregnant women. Wear long sleeves and pants. Wear clothing treated with permethrin (a chemical that repels insects). Use a mosquito bed net if you cannot keep mosquitoes out of your residence.
- If you are pregnant and did travel to an area affected by Zika, contact your health care provider to discuss Zika testing.

If you’re pregnant and your male sex partner visited an affected area, take extra precautions:
- Plan together to abstain from sexual activity or use condoms correctly every time you have vaginal, anal and/or oral sex for the duration of your pregnancy.
- If you’re pregnant and had condomless vaginal, anal or oral sex with a man who spent time in a Zika-affected area, contact your health care provider to discuss Zika testing.

If you want to be pregnant, and you or your male sex partner might have Zika, health experts recommend waiting before trying to conceive. Find specific guidance at the link below.

Visit nyc.gov/health and search zika for more information and where to find free condoms.