CDC's Response to **Zika**

PREGNANT and living in an area with Zika?

Zika Prevention Kit for Pregnant Women

Your Zika Prevention Kit contains products to help prevent the spread of Zika. Please use these items to protect yourself against Zika virus.

Always follow instructions on the product.

Bed net

- If your room has mosquitoes in it, sleep under the bed net.
- Mosquitoes can live inside houses and will bite at any time, day or night.

Standing water treatment tabs

- Use water treatment tabs to kill larvae (mosquito eggs) in standing water around your house, such as in rain buckets. Do not put them in water you drink.
- When used as directed, these tabs will not harm you or your pets (dogs and cats).

Mosquito spray

- A mosquito spray, such as the one in the kit, will help keep mosquitoes from biting you.
- Use only EPA-registered mosquito spray like the one in this kit.
- Always follow the directions on the bottle.
- For the spray to work well you will need to put it on again as directed.
- Do not spray under your clothing.

Permethrin spray

- Spray your clothes with the bug spray called permethrin. This will help protect you from mosquito bites.
- Clothes sprayed with permethrin will protect you for 6 weeks. You can wash your clothes up to 6 times during the 6 weeks and the permethrin will still protect you.
- Make sure to read the directions on the bottle.
- Do not spray permethrin on your skin.

Condom

- During sex, it is possible to get Zika virus from a man who has Zika If you have sex during your pregnancy, you should use condoms the right way every time.
- Condoms can also help prevent HIV and other sexually transmitted diseases.

Use this bag to carry your items that will help you prevent mosquito bites and protect yourself against Zika.

CDC is not responsible for any adverse reactions or injuries arising from use of the items in this kit. These kits are not intended to replace the advice of a medical professional. This kit includes donations made to CDC and/or items purchased using funds donated to the CDC. CDC is providing the products in this kit as a public health service, but this does not imply any endorsement by CDC or the US Department of Health and Human Services of any product, service, or enterprise.

www.cdc.gov/zika

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