



Pregnant and Traveling to the American Tropics?

Protect yourself from
mosquito bites!

Mosquitoes can spread diseases such as Zika Virus.

Zika virus might be linked to birth defects, therefore pregnant women should:

- consider postponing travel to areas with local transmission of Zika virus
- talk to their healthcare provider AND avoid mosquito bites if they do travel to areas with local transmission of Zika virus

Women trying to become pregnant should talk to their healthcare provider before traveling to these areas and should avoid mosquito bites during the trip.

For more information, visit www.bphc.org/idb or call 617-534-5611

BOSTON
PUBLIC
HEALTH
COMMISSION

