# ZIKA VIRUS

Pregnant women should not travel to Zika areas. Here's what you need to know if you *must* travel.



#### **Before You Travel**

Talk to your healthcare provider about the risks of Zika virus.

Learn how to protect yourself from mosquito bites.

## When Traveling

Avoid travel to places where Zika is present.

Otherwise, use an insect repellent and wear protective clothes.

### **If You Have Traveled**

If you are pregnant you can get tested.

Talk to your healthcare provider about Zika symptoms and your need for a test for the virus.

## Get the FAQs on Zika Virus:

www.health.ny.gov/diseases/zika\_virus/ Hotline: 1-888-364-4723



Department of Health