

# 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.